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Canadian Living

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THIS ISSUE!

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NEW
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CHANGED
THEIR
LIVES



HEALTH

PREVENT
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P. 47



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EMPOWERMENT
ISSUE

SEPTEMBER 2016



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RECIPES
ONLY
5
INGREDIENTS!

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Elizabeth Arden
NEW YORK



PRACTICAL MAGIC

The best magic tricks look easy—seamless to the untrained eye. But any magician worth his or her cummerbund spends hours planning, strategizing and practising each bit until reality appears to transcend an audience's expectations.

Same goes for our Test Kitchen's five-ingredient recipes from this issue (starting on page 85). Magically, each one requires only a handful of ingredients and poof—a delicious plate appears before you. But don't be fooled by their simplicity: Creating these recipes took plenty of forethought. "It wasn't easy," admits Test Kitchen Food editor Jennifer Bartoli. "We had to think of the right ingredients and plan the best technique to coax out the most flavour." A ripe peach is a scrumptious thing on its own; roasted with brown sugar and topped with ice cream, it becomes an edible work of art.

As for breaking the laws of reality, each one of these recipes not only saves time in preparation but also streamlines weekly grocery planning and shopping (just the sort of trick I need during the busy back-to-school season). Yet, simple doesn't mean boring. As senior Food editor Irene Fong says, "You get the same level of satisfaction, even if the ingredients list is short and the recipe is fast. Each one is something you'd be proud to serve someone."

When you try the five-ingredient recipes from this issue, I want to know what you think! Send me a tweet or message on Twitter or Facebook, or, better yet, take a picture and show me on Instagram. Happy cooking!



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Jes Watson
Jes Watson,
editor-in-chief

PHOTOGRAPHY: JACLYN LOOKE

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NEW YORK

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MORNING GLORY

Start your day with these scrumptious breakfast recipes. And for more make-ahead breakfast ideas, turn to page 107.
canadianliving.com/breakfast



STARTING OVER

See how three professionals transformed a lost job into a satisfying new career.
canadianliving.com/newbeginnings

SEPTEMBER 2016

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FROM
Jeanne
BEKER

ON SHOES

"I've lived my life in eight-inch heels. Just recently, because I've been doing a lot of walking, I've started wearing flats. My closet is still stacked with sky-high heels, but now, I have ballet flats, loafers and opera slippers, too."



**ON HER
CAREER PATH**

"You never know where life will take you. I studied mime in Paris in the mid-'70s, then I moved to St. John's, N.L., and got a job in radio! If you think you know where you're going, you have another thing coming."

**ON HER FASHION
INSPIRATION**



"People ask, 'Who's your style icon?' expecting me to say Karl Lagerfeld. Although I've learned a lot from him, my daughters are my icons. They're true to themselves, they're comfortable in their own skin and they're wildly creative in ways I never dreamed they could be."



THOUGH BEST KNOWN FOR THE LONG-RUNNING SHOW FASHION TELEVISION, JEANNE BEKER, 64, HAS WORN MANY (REAL AND METAPHORICAL) HATS OVER THE YEARS, INCLUDING HELPING START THE FIRST FASHION WEBSITE AND LAUNCHING HER OWN CLOTHING LINE. SHE OPENS UP ABOUT FASHION RISKS, FAMILY AND FALLING IN LOVE.

BY JILL BUCHNER

ON BEING VULNERABLE

"Some people don't want to share anything, but I think that's all we have to give each other as human beings—our personal stories. It gives us compassion for one another."

ON FALLING IN LOVE AGAIN

"It's the most wonderful thing that can happen to you, and you should never lose faith. I didn't think I'd fall madly in love again at this age. It puts you in touch with your inner child."



**On shaking up
YOUR STYLE**

"Step out of your comfort zone on a regular basis. Don't get locked into one image of yourself."



**ON WHAT SHE NEVER
LEAVES HOME WITHOUT**

"I rarely go anywhere without great lipstick. These days, my favourite shade is Bobbi Brown's Rose Berry #26—I absolutely love it."

**On her passion
for music**

"I love jazz. There are some local artists around who are incredible. Jaymz Bee from Jazz FM [in Toronto] has turned me on to many."

Some of her faves?

Jocelyn Barth
Geneviève Marentette

Barbra Lica





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Style

We asked six of the biggest names in the nail world to dish on the must-have mani of the season. Here's what they had to say about hot hues, cool effects and what's inspiring them now.

BY JULIA McEWEN MODEL
PHOTOGRAPHY BY CARLYLE ROUTH
MAKEUP BY ANNA NENOIU/
CHARLOTTE TILBURY/P1M.CA

NAILING THE SEASON

JACKET, JOHNDJENN COLLECTION.COM. RINGS, FOEANDDEAR.COM

TEXTURE PLAY

Among the fashion industry and celebrity elite, Tom Bachik is one of North America's most sought-after "man"-icurists. The southern California native spent his early years skateboarding and competing on the BMX circuit, but that all changed when his wife got pregnant and he needed to find a job that would provide for his growing family—fast. A hairstylist cousin suggested he get his manicure licence, so he did, thinking it would be a short-term solution. Then, Bachik realized he was good. Really good. Twenty years later, he's an industry icon, repping L'Oréal as the company's global nail designer and spokesperson, and regularly working with such stars as Jennifer Lopez, Anne Hathaway and Blake Lively.

This season, Bachik is feeling vampy, opulent tones. "Think '90s fashion, where dark, rich tones were no longer considered goth," he says. "We're going back to that kind of regal colour family." Bachik notes it's not just that lacquers are darker but also that colours are more saturated, so they look deep and lush. When it comes to nail art, he's inspired by bold stripes, geometric shapes and texture. "I think dry brushing is a cool look," he says. "It gives you that textured, layered effect, like a tweed jacket."

TOM'S

COLOUR CRUSHES

L'Oréal Paris Le Vernis à L'Huile by Colour Riche in Bleu Royal, \$10, lorealparis.ca.

L'Oréal Paris Le Vernis à L'Huile by Colour Riche in Greige Amoureux, \$10, lorealparis.ca.

PRO TIP

"To get the dry-brushing effect [shown on previous page], wipe off the excess polish; I use a piece of paper to wipe each side of the brush. The key is putting a small amount of pressure on the tip of the brush, almost holding the brush straight up and down. All the little tips of the hairs of the brush are depositing the colour, so you're almost getting a splash of colour going across."



Tom Bachik,
global nail designer
for L'Oréal Paris
Instagram:
@tombachik

MADELINE'S

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Color Therapy
in Steely Serene,
\$13, shoppers
drugmart.ca.

Sally Hansen
Color Therapy
in Unwine'd,
\$13, shoppers
drugmart.ca.



Madeline Poole,
Sally Hansen global
colour ambassador
Instagram: @mpnails

FRENCH TWIST

Checkerboard prints, geometric motifs and kaleidoscopic shapes are some of Madeline Poole's kooky—yet very cool—signature manicures. The New York resident and Sally Hansen global colour ambassador is one of the most talented and recognized nail artists in the industry: Her work has been spotted in magazines, at Fashion Weeks and on the digits of celebrities.

This fall, Poole feels nostalgic for the classics, such as rich navy, energetic orange and a whole spectrum of greys, from heather to charcoal. But her top pick is Sally Hansen Color Therapy in Unwine'd: "It's deep enough to feel burgundy while still reading like a rich red," she says.

The look she created here melds two trends: semicircles and a futuristic French manicure. "Both of these trends also look great on their own—and the semicircle at the tip is quite easy to recreate at home."

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A CRAVING
IF I DON'T
FEEL BAD?**

DON'T JUST EAT IT. **OWN IT.**



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PRIM, NOT PROPER

She lives, breathes and dreams nail polish, which explains why Leeanne Colley is one of Canada's top manicurists. Her work has graced the hands of some of the world's hottest celebrities and supermodels at Fashion Weeks in New York and Toronto, and her talent has been featured in countless magazines.

In her home base of Toronto, Colley is best known for her to-die-for nail-art skills and her award-winning salon, a manicure hot spot for editors, influencers and loyal clients.

Her "it" mani for the season was inspired by a dress from the Alexander McQueen Fall 2016 show. "I often follow what's happening on the runways for inspiration," says Colley. "Both fashion and beauty inspire each other."



Leeanne Colley,
editorial nail artist
and owner of Tips
Nail Bar in Toronto
Instagram:
@tipsnailbar



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Chelsea King,
Revlon global
nail stylist
Instagram:
@chelseaqueen

BRONZE AGE

Revlon's been in the nail game since 1932, but it was only this year that the company added a global nail authority to its team: Instagram-famous Los Angeles manicurist Chelsea King.

The self-proclaimed "former tomboy" discovered her affinity for nail polish when her mom ordered a mandatory manicure for her senior prom. It was love at first swipe. As for her first enamel purchase? "It was actually a Revlon colour—a mint green," says King. "I thought it was so unique."

Though King usually favours darker lacquers for fall, this autumn she's fallen for warm metallics with a twist: a matte topcoat. "It looks very interesting; it's a finish you wouldn't expect," she says. As for length, King is a proponent of short nails. If you have petite nails, stay away from square tips. "Rounded nails, following your natural shape, can help elongate short nail beds."

Revlon ColorStay Gel
Envy Longwear Nail
Enamel in Jackpot,
\$9, revlon.ca.

CHELSEA'S

COLOUR CRUSHES



Revlon ColorStay
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Ellen is wearing Simply Ageless
Instant Wrinkle Defying Foundation
in Creamy Natural



Rita Remark,
Essie global lead educator
and lead nail artist for
Essie Canada
Instagram: @ritaremark

MARBLED MARVELS

Rita Remark takes the cake for being one of the most beloved nail artists in the industry. It could be because this sunny Canadian is friendly, warm and engaging, but what it really comes down to is her passion for nail polish.

In 2013, polish powerhouse Essie took note of Remark's handiwork and hired her as its lead artist in Canada. After Remark honed her skills and showcased her high-impact designs in editorials and at Fashion Weeks, the Essie higher-ups recognized her talents, giving her the impressive title of global lead educator in 2015.

"Beautiful but a little bit tough" is how Remark describes this matte-meets-metallic marbled mani, inspired by the look she created for Helder Diego at this past Toronto Fashion Week.

"For a long time, we've been doing clean, graphic nail art," she says. "But there's something about this look that puts the art in nail art."

To get the look, Remark applied a hunter-green base colour, then, while it was still wet, she splashed a few small drops of white enamel over top. Remark then applied plastic wrap and peeled it off quickly to create the smoky pattern. She used a matte topcoat for a stone-like effect and painted on gold veins with a detail brush. "It shouldn't be symmetrical. It's good if one nail has a little more gold."

**Essie Gel Couture
Nail Polish in Wrap
Party, \$14, essie.ca.**



**RITA'S
COLOUR CRUSHES**

**Essie Nail Polish
in Fifth Avenue,
\$10, essie.ca.**



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*The Medical Post & Pharmacy Practice + 2016 Survey on OTC Counselling & Recommendations

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THE SEASON,
FORREST IS ALWAYS
IN A BLUE PERIOD.
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WORKS WELL WITH
ALL SHADES."

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Amp'd Flexible Color
in Stadium Way, \$11,
shoppersdrugmart.ca.

MELISSA'S

COLOUR CRUSHES

Quo by Orly
Instant Artist
in White, \$5,
shoppers
drugmart.ca.

GRAPHIC CONTENT

If anyone understands the importance of keeping your nails on point, it's Melissa Forrest. The Toronto-based manicurist has been in the industry for 20-plus years, working with everyone from major beauty brands to some of Canada's top magazines.

"Fall colours typically help bring our eyes to a more demure palette," says Forrest. But this season, she feels that enamel shades are becoming earthier and more decadent. As for nail art, she says decked-out digits are still going strong, especially bold and linear designs. "I'm a big fan of '60s fashion, which translates to black, white and precise graphics."



Melissa Forrest,
nail artist and brand
ambassador for
Shoppers Drug Mart
Instagram:
@manimelissa

THE GOLDEN TOOL

A WOMAN'S BEAUTY ROUTINE IS ONLY AS GOOD AS HER TOOL BOX, AND WE SAY, GO FOR THE GOLD. HERE ARE THE TOP FIVE BEAUTY MUST-HAVES EVERY WOMAN SHOULD HAVE TO ENSURE A PICTURE-PERFECT FINISH EVERY TIME.

3. LASH CURLER

A top-notch, titanium-coated curler will crimp your lashes without tugging or pulling, and leave you with a flattering, eye-opening look all day long.

1. NIPPERS

No time for the nail bar? Give your mani-pedis the pro finish with these sharp-edged nippers that help you easily clean away dry skin, hangnails and excess cuticles.

2. NAIL FILE

A luxe file goes a long way when perfecting the latest shape. File in one direction with this durable, easy-to-grip version you can tote on-the-go.

4. TWEEZERS

Get pesky stray hairs to hit the road with tweezers that have a slanted tip that comes to an ultra-sharp point—a must-have for the most precise results.

5. CLIPPERS

Groom nails in a snap with a handy double-ended clipper that creates straight or rounded nails and toenails.

BEAUTY AND THE BROW

One of the biggest golden rules of beauty? Framing your face with perfected arches to ensure a balanced look. Grab your best tweezers and take notes:

1 Always pluck hairs with a slanted tweezer from the bottom and fill in your brows from the top for the most flattering, lifted look.

2 While it's always fine to tweeze strays above your nose, leave the fullest part of your brows—where they begin, a.k.a. “the anchor”—alone to maintain a fresh, full appearance.

3 Aging brows can benefit from having the last few hairs from their “tail” end removed for an instant face-lift effect. Use extra-pointed tweezers for ultra-precision.

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5 MINUTES WITH

Austyn Zung

ANN TAYLOR'S EXECUTIVE CREATIVE DIRECTOR

AUSTYN ZUNG'S design esthetic is best described as cohesive, refined and sleek. The Oscar de la Renta alum favours wearable, feminine clothes rooted in elegant American sportswear. Zung first made the leap from couture to high street with a stint at Gap; then, in 2010, she joined Loft as senior vice-president of design. Named executive creative director over all brands at Ann Inc. in 2015, the designer debuts her second collection for the classic womenswear brand this fall. Over coffee and eggs, we chatted with Zung about her go-to styling tips and what's exciting her this season. — Julia McEwen

What was your inspiration for Ann Taylor's collection for fall? We pulled a lot from the '60s. When we pull references from any era—or even a country—it influences us, but it never becomes literal. We have a lot of silhouettes that are sort of trapeze-y, as well as some shorter lengths and sheering in the back to give a bit of shape. We've also got beautiful jacquards and prints in rich fall colours and opulent reds and oranges.

This season, what are you excited to add to your closet? It's going to have to be two pieces: I can't get enough of high-waisted wide-legged pants and little sweaters in luxe yarns. I love the proportions together. I think that's going to be my combo for fall.



Shoes, \$185, and mock-neck sweater, \$120, anntaylor.com.

How about must-have accessories?

I really focused on statement earrings for fall. I love different-coloured crystal stones mixed together and larger low-hanging styles. Accessories are an easy way to dress up or personalize a basic outfit. Your wardrobe doesn't have to change that much, but your accessories can be constantly updated.

Any tips for curating a wardrobe?

Women should fill their closets with great pieces that can be worn for 10 months of the year. It's no longer, "I'm just buying for fall, then I'm buying for spring and summer." In high summer, you might want a few spaghetti-strap dresses, and in winter, you might add a couple of chunky sweaters. But, mainly, I prefer to choose clothes that work for most of the year.



L'Oréal Paris Pure-Clay Mask in Exfoliate & Smooth, Purify & Mattify and Detox & Brighten, \$20 each, amazon.ca.

MULTIMASKERS

Pollution is everywhere, even on your skin, where it can clog pores and cause a buildup of oil and dirt on your face. That's why L'Oréal Paris created a system of masks formulated with clays known for their cleansing properties. Use the Detox & Brighten charcoal mask to rid skin of pollution, the Exfoliate & Smooth red-algae formula to soften and hydrate, or the Purify & Mattify green-eucalyptus option to heal skin irritations and acne. You can also multimask, or spot-treat, with a mix of all three; you may look like a paint-by-numbers project, but hey, anything for beautiful skin. — Andrea Karr

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SEVEN BEST BETS

Don't gamble on your wardrobe. These on-trend pieces guarantee you a first-place finish this fall.

BY JULIA McEWEN PHOTOGRAPHY BY JACLYN LOCKE
HAIR AND MAKEUP BY ANIYA NANDY/ARBONNE/PLUTINO GROUP
SHOT ON LOCATION AT WOODBINE RACETRACK, TORONTO

1 SOMETHING RED

The easiest—and most affordable—way to inject life into your wardrobe is to incorporate the season's "it" colour: red. If you're feeling brave, try a head-to-toe fiery monochromatic look; the colour-averse can insert a touch of crimson into a dark ensemble for an instant update.

Trench vest, \$118, and pants, \$70, express.com. Leather top, \$450, cosstores.com. Watch, linksoflondon.com. Ring, swarovski.ca. Bag, bananarepublic.ca.



2

GLOSSY FINISHES

High-shine patent isn't relegated only to accessories; look for it on skirts, shirts and even coats. We especially like the shiny finish when it's embellished with faux fur or a ruffled trim for softness.

Jacket, \$470, marc-cain.com. Babaton top, \$75, aritzia.com. Skirt, \$60, lechateau.com. Necklace, jenny-bird.ca. Bracelet, annaylor.com. White topaz and midi rings, foeanddear.com. Smoky quartz and double-ball rings, erintracy.ca.



3 LADYLIKE PINSTRIPES

Pinstripes are making a comeback, and we're not talking about ill-fitting suits from the '80s. This fall, the menswear motif makes a powerful statement in womenswear. A tailored shirtdress balances masculine and feminine elements.

Dress, \$124, and bag, bananarepublic.ca. Necklace, jenny-bird.ca. Bracelet, express.com. Rings, swarovski.ca. Shoes, ninewest.ca.



Wear high-waisted wide-legged trousers with a pair of heels. Your waist will look trim and your legs will go on for days.

4

VELVET TEXTURES

This fall, everything from slouchy blazers to wide-legged trousers has been remade in elegant velvet. Equal parts chic and comfy, this fabric is irresistibly soft.

Shirt, \$123, lisettel.ca.
H&M Studio pants, \$80, and hat, hm.com/ca. Necklace, swarovski.ca. Knuckle and double rings, foeanddear.com. Thick-band ring, erintracy.ca. Shoes, anntaylor.com.



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CLARINS

5

PUFFER JACKETS

These toppers are fall's reigning outerwear trend. Juxtapose the utilitarian look with a dressy frock or, for warmth, layer it under a jacket. Fashion meets function!

Jacket, \$49, joefresh.com.

Vest, \$90, [turtleneck](http://turtleneck.com), \$33,

and jeans, \$80, gapcanada.ca.

Sunglasses, lechateau.com.

Bracelets, express.com.

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6

EMBELLISHED TREASURES

Bold embellishments such as sequins, paillettes and colourful embroidery aren't just for eveningwear this autumn. The trick to tempering statement pieces (and making them office-friendly) is to pair them with modest separates, such as an accordion-pleated midi skirt and Mary Jane pumps.

Jacket, \$399, scotch-soda.com/ca.
Top, \$660, necklace and shoes, jcrew.com. Babaton skirt, \$195, aritzia.com. Bracelet, anntaylor.com. Ring, bananarepublic.ca.

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7

BRETON STRIPES

Black-and-white stripes stormed the fall runways. The standout style? A winterized French-striped dress. Add edge to the look with faux-leather leggings or elevate with a charming tweed blazer.

Blazer, \$260, anntaylor.com.

Dress, \$55, gapcanada.ca.

Necklace, hm.com/ca. Bag, bananarepublic.ca.

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Health

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Irregular cycles, newly heavy bleeding, sudden pain—it's hard to know what's normal when it comes to your period. Enter our no-holds-barred guide to everything menstruation: common issues at every age, myths that need busting and when it's time to call your doctor.

BY LISA VAN DE GEYN

Until Sarah turned 38, her Aunt Flo was nothing but predictable; she showed up every 27 to 29 days, accompanied only by a tinge of lower-back pain. There would be a slightly heavier flow on days 1 and 2, and no symptoms at all by Day 6. Then, one month, all hell broke loose. "Suddenly, my period was extremely heavy and clumpy," says Sarah. "I was changing a pad and a super-absorbent tampon every 10 minutes. It was like a murder scene." It wasn't just the amount of blood that threw both Sarah and her cycle for a loop; new symptoms surfaced over the next few months. "My whole midsection and vagina hurt.

Plus, I had an overall sick feeling. I was in so much pain."

Though Sarah initially thought this was just her period changing with age, after about six months, when the excessive bleeding had become a regular occurrence, she made an appointment with her doctor. And it's a good thing she did. As it turned out, she had two uterine polyps, small tissue growths that are attached to the inner wall of the uterus and extend into the uterine cavity. Following two years of unpredictable flow, clotting and pain, Sarah's doctor performed an endometrial ablation (see Flood Control below) and removed her polyps for testing—and her monthly visitor relented.

We'd bet there isn't a woman out there who hasn't been bugged, caught off guard or inconvenienced by her period. "Women just don't know a lot about their periods," adds Dr. Ashley Waddington, an obstetrician-gynecologist and assistant professor at Queen's University in Kingston, Ont. "We get a lot of questions from patients about what's happening and what will happen in years to come." Here's a decade-by-decade breakdown of what you need to know.

FLOOD CONTROL

Just because you're one of the unlucky women with heavy flow doesn't mean you need to be saddled with a monthly gusher.



Pop a pill

The first line of defence is taking ibuprofen. "Heavy flow is decreased by a quarter to a half by taking one or two ibuprofen tablets with every meal," says Dr. Jerilynn Prior, a professor of endocrinology and metabolism at The University of British Columbia. Start taking it as soon as the heavy flow starts, and continue for as long as it lasts.



Flag it with your health-care provider

If your symptoms don't get better, talk to your doctor. Be prepared to answer questions about how many pads or tampons you go through in a day, how full they are when you change them, if you have nighttime overflow or if you feel like you can't leave the house because your period is so heavy.



Figure out the cause

Your doctor will check your estrogen, progesterone and thyroid hormone levels to get a baseline and

then send you for a pelvic ultrasound to make sure your uterus is free of polyps, fibroids or other lesions that could cause an abnormality. If the diagnosis is hormonal, not structural, your doctor might recommend hormonal birth control, like the patch, combination birth control pill or daily progestin-only pill. But, "if taking a 300-milligram daily oral micronized progesterone pill at bedtime for three months does not control your flow, it's time to consider a progestin-releasing IUD, like Mirena," says Dr. Prior.



Consider a surgical solution

If less invasive treatments don't work, there are surgical options, such as an endometrial ablation, a day surgical procedure in which doctors use heat, pressure, a laser or a sharp instrument to scar the uterine lining, reducing flow. (This is a great option if you're finished having children.) A very small number of women have bleeding severe enough to warrant a hysterectomy.

in your 30s

BY THIS POINT, you've probably had your period for almost two decades, and, unless you've been pregnant, it likely hasn't changed much since your late teens. A typical cycle lasts between 21 and 35 days, counting from the first day of your period up to (but not including) the first day of your next period.

That cycle is made up of two phases: The follicular phase starts on the first day of your cycle and lasts until ovulation day, when the luteal phase, which begins once the ovary releases an egg, takes over. Because the luteal phase almost always lasts about 14 days, you can estimate the date of your last ovulation by counting backward from the end of your cycle. For example, if your cycle was 30 days, you likely ovulated on Day 16.

In general, menstruation lasts four to seven days. But don't worry if that number fluctuates somewhat, says Dr. Melissa Mirosh, an ob-gyn in Saskatoon. You're still in the normal range if, one month, your period arrives on Day 26 and lasts for five days, and, next month, it doesn't come until Day 31 and it lasts for seven days. But if the duration of your period or cycle varies more drastically, there could be a problem. "The concern is that, if the cycle isn't normal, it could be because of an underlying medical issue or it could affect fertility potential," says Dr. Suzanne Wong, an ob-gyn at St. Joseph's Health Centre in Toronto.

PREPARE FOR: PREGNANCY

Women who have irregular periods and are trying to conceive can have a rough go of it. "Predicting ovulation becomes harder when cycles are irregular, which makes achieving pregnancy more difficult," says Dr. Wong. Pregnancy can also affect what happens with your period postpartum. "After having a baby, when your hormones are still getting back to their usual routine, it can be quite normal to have chaotic cycles for six to 12 months," says Dr. Waddington.

Most women who breastfeed will resume menstruating six to nine months after delivery; those who don't may ovulate as early as three weeks after delivery and menstruate five weeks postpartum. "This is important to consider if you're resuming sexual activity, because you can get pregnant quite soon after delivery," says Dr. Waddington. And about that post-pregnancy period: There's no way to tell if it will be heavier or lighter than before, but many women who experienced excruciating cramps pre-pregnancy find that the pain has subsided, perhaps thanks to stretching of the uterus during those nine months. ◉

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in your 40s

“BETWEEN THE LATE teens and the age of 40, women tend to get into a rhythm with their period; it comes in regular intervals, lasts about the same duration and has the same volume of blood, except perhaps in the years around pregnancies,” says Dr. Mirosh. “But from about 40, things may get irregular.”

Say hello to perimenopause, the seven- to 10-year stretch leading up to menopause. It usually kicks in at about age 45, though, in rare instances, it can start as early as 35 or not taper off until 59. “That’s when the brakes come off and chaos occurs,” says Dr. Jerilynn Prior, a professor of endocrinology and metabolism at The University of British Columbia and the founder and scientific director of the Centre for Menstrual Cycle and Ovulation Research in Vancouver. “Because estrogen levels are higher, it’s a time of great unpredictability.” Cue mood swings, heavy flow (in 25 percent of women), hot flashes and night sweats (in about

80 percent), shorter or longer cycles, skipped periods, sore breasts, low libido, insomnia, painful cramps and changes to skin, hair or weight. It’s a misconception that these symptoms indicate you’re in the throes of menopause; they’re actually signs of perimenopause.

PREPARE FOR: **HEAVY FLOW**

According to Dr. Prior, heavy bleeding is so common in perimenopause that it’s often one of the first symptoms a woman will notice. But what’s considered too heavy? “The definition of abnormal uterine bleeding is based on when a patient says there’s too much blood,” says Dr. Mirosh. Red flags (pardon the pun) include excessive clotting or cramping, accidents where blood soaks through to your clothing and simply feeling like your period is interfering with your life.

Heavy bleeding may be just that, or it might be a sign of another medical condition. Dr. Mirosh says one of the first signs of thyroid disease can be a change in menstrual flow. Uterine polyps or fibroids, usually benign growths that develop in or on the uterus, are other potential culprits. And, as a patient creeps toward 50, Dr. Mirosh begins to worry about endometrial cancer, which can also bring with it increased flow or clotting.



in your 50s

IF YOU’RE LIKE the average Canadian woman, you’ll have your last period when you’re 52. Whenever it happens, you won’t actually know that you’ve been through menopause (which means the end of menstruation, when the ovaries run out of eggs and your body produces lower levels of estrogen and progesterone) until a year after the last time you menstruate. “It’s a retroactive diagnosis,” says Dr. Wong. “A woman who hasn’t had a period in 12 months, who’s been to her doctor to

make sure there is no underlying cause for the missed periods (other than hormonal reasons) and whose period doesn’t come back has gone through menopause.”

PREPARE FOR: **MENOPAUSE**

While many women find that their periods gradually taper off, some have a regular cycle right up until their last period, then never have one again, says Dr. Waddington. And though women will experience the most upheaval during perimenopause, most will also have at least some symptoms—such as vaginal dryness, hot flashes and insomnia—in menopause. But for many women, menopause can be a relief. “You no longer have to deal with the heavy flow,” says Dr. Prior. “Bloating, swelling, breast tenderness and other high-estrogen symptoms come to an end.” ●

BEYOND PREMENSTRUAL SYNDROME

No one likes PMS, but there’s an even worse offender that affects between three and eight percent of women: premenstrual dysphoric disorder (PMDD). Read on for the details.

“For the three days leading up to my period, I was suicidal, anxious and irritable. I’d have fits of rage; I felt unglued. Then, I’d get my period and I’d be fine,” says Jennifer, who asked us not to use her last name. Her psychotherapist suggested PMDD two years ago as a possible cause for her mood swings.

PMDD is like PMS’s bigger, badder sister. It’s another way of saying very severe PMS, says Dr. Samantha Saffy, a psychiatrist in Vancouver. In order to get a PMDD diagnosis, you need to experience the disorder’s depression-like symptoms—mood swings, irritability, anger, feelings of hopelessness, anxiety, fatigue, difficulty concentrating, insomnia and a decreased interest in usual activities—more months than not. They should occur in the week leading up to menses, then improve after your period starts.

It can be difficult to get a diagnosis. Jennifer had been to three physicians with no luck. But just knowing PMDD exists might be helpful. “Often, being aware of your condition through education can help ease symptoms,” says Dr. Tanya Tulipan, a psychiatrist specializing in reproductive mental health in Halifax. “If you know that certain days of the month will be more challenging for you, you can plan around them to minimize stress. Healthy habits such as getting adequate sleep, exercising regularly and eating healthily are known to ease symptoms, too.” Cognitive behavioural therapy and mindfulness can also help, but “if none of these strategies works, your family doctor can suggest an antidepressant that you can take continuously or even just for the week that you have your symptoms,” says Dr. Tulipan.

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WEAK IN THE KNEES

Women are more likely to injure their knees than men—and if you've damaged this joint once, you could have stability issues for life. Here's how to reduce your risk.

BY LESLEY YOUNG

Y

ou don't have to be a high-intensity athlete to suffer a knee injury. Swinging a golf club or turning too quickly on the stairs can cause the anterior cruciate ligament (ACL) to stretch beyond its normal range, resulting in a tear. And that's just traumatic injury. Even in the pursuit of fitness, we may unintentionally damage the joint; patellofemoral pain syndrome (PFPS), sometimes called runner's knee, is a common overuse injury. The risk is especially high for women: We're two to eight times more likely than men to damage our ACLs and as much as two times more likely to suffer from runner's knee.

Researchers believe that the reasons women are more prone to knee injuries are mostly structural. Women's bodies typically have wider hips, higher rates of knock-knees, less space for the ACL and weaker ligaments, plus there's a tendency to use thigh muscles more than hamstrings, explains Dr. David Robinson, primary-care sports medicine physician at the David Braley Sport Medicine & Rehabilitation Centre at McMaster University in Hamilton. These anatomical factors all stress the ACL, effectively stacking the joint deck against us. But there might be a hormonal element, too. Fluctuating sex hormones may affect how loose our

ligaments are at different points in our cycles, and for some women, that may mean decreased knee stability. Read on for tips on how to reduce your risk for the three most common types of knee injury.

ACL tears

These injuries tend to happen when you stop or change direction suddenly, or land incorrectly, often during an intense sport. The ACL keeps your shinbone from sliding out in front of the thighbone, so when it stretches, comes loose or tears, you'll feel pain and have swelling and reduced range of motion. Depending on the severity, you may need surgery. 

Reduce your risk: “Training can ensure the correct knee-over-foot-and-under-hip position when landing,” says Dr. Robinson. So if you’re a big fan of activities like soccer or Frisbee, make sure you don’t skip your warm-up. We like 11+ (f-marc.com/11plus/home), an injury prevention program developed by medical experts working with FIFA.

PFPS (a.k.a. runner’s knee)

Pain in the front of the knee—including the soft tissue—that makes climbing stairs or kneeling down uncomfortable could be PFPS. The cause is often over-exercising, although inactive women can get runner’s knee, too. Other culprits include problems with hip-knee-ankle alignment or doing too many squats and other knee-bending activities. If it’s severe enough, you’ll need to reduce activity until the pain dissipates.

Reduce your risk: A patellar tracking sleeve fitted by a bracing specialist, or custom-fit

orthotics—or both!—can help. “But if you do knee-strengthening exercises, you won’t need a sleeve,” says Dr. Robinson.

Meniscus tears

You may hear a pop or feel pain a few days after you tear your meniscus, which is the cartilage that acts as a shock absorber between your thighs and shins. Tears often happen when you’re squatting or twisting your knees, such as when you’re tackled during sports, swinging your club during golf or crouching in the garden. Aging can also weaken your meniscus; sometimes, getting out of a chair awkwardly can be all it takes. Small tears may heal with rest, but severe tears require surgery.

Reduce your risk: Dr. Robinson says that exercises like the ones in our routine (below), warming up before activities and wearing shoes with good traction to prevent slips can all help minimize the risk of injury. ●



BEFORE YOU START!

Be mindful of form.

Make sure your bent knee is lined up directly over your second toe. “This helps protect the joint,” says physiotherapist Monica Maly. And make sure you don’t allow your knee to rotate inward or outward as you move.

Don’t go in cold.

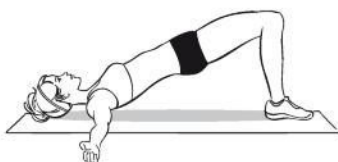
“Warming up before exercise can help prevent knee injuries,” says Maly. Warming up can be as simple as brisk walking or cycling for 20 minutes—but save gentle stretching for your cooldown.



YOUR KNEE-SAVER EXERCISE ROUTINE

These yoga-inspired exercises from Monica Maly, physiotherapist and associate professor at McMaster University’s School of Rehabilitation Sciences in Hamilton, target key muscle groups that help protect your knee joints and boost your strength, coordination, balance and flexibility.

Aim to do the routine three times a week, one set per session.



Bridge

Aim: Stronger gluteals and hamstrings and increased hip flexibility.

- Lie down on your back with knees bent and feet flat on the floor, shoulder-width apart. Lay your palms flat on the floor.
- Raise your hips as high as you can, squeezing your gluteal muscles. Hold for 10 seconds.
- Repeat six times.

Form check: Your knees should point straight to the ceiling before you begin raising your hips.



Warrior lunge

Aim: Increased hip flexibility and improved balance.

- Stand with feet together and shoulders back and relaxed.
- Raise your arms out to your sides, parallel to the floor and palms facing down. Step your feet about three feet apart.
- Rotate from the right hip joint to position your right foot at a 90-degree angle. Align your right heel with your left heel.
- Exhale and bend your right knee to a 90-degree angle. Hold for 10 seconds.
- Repeat three times on each side.

Form check: Don’t bend your knee past your toes.



Squat

Aim: Stronger quadriceps, hamstrings and gluteals.

- Stand with feet together and shoulders back and relaxed.
- Bend your knees, pulling your shoulder blades together, and aim for a 75-degree angle at the knee joint and a 90-degree angle at the hip. Hold for 10 seconds.
- Repeat six times.

Form check: Make sure your trunk is over your thighs. From the front, the hip, knee and ankle of each leg should form a straight line.



Tree pose

Aim: Stronger hip abductors, ankle muscles and dorsiflexors for improved balance.

- Stand with feet together and shoulders back and relaxed.
- Bring your palms together in front of your chest.
- Bend one knee and place the sole of that foot on the inner calf or inner thigh of the standing leg (but never on the knee). Hold for 10 seconds.
- Repeat three times on each side.

Form check: Keep your pelvis level and facing forward; stare at an object straight ahead to help keep your balance.

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BY STACY LEE KONG

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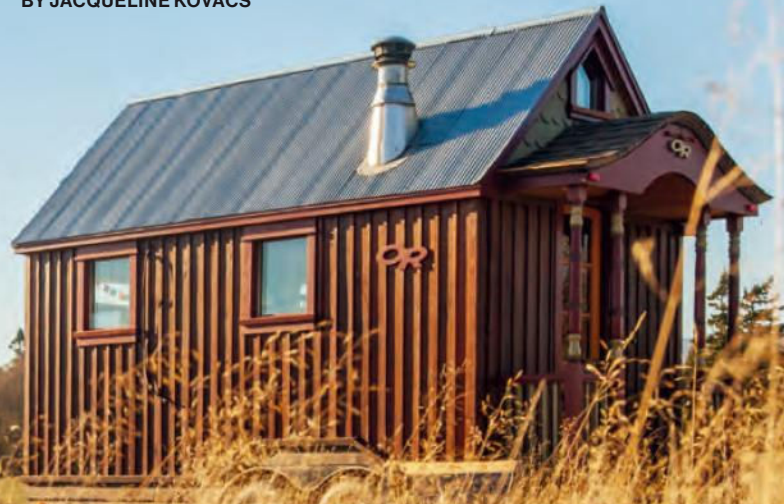
Living

TREND

SMALL PACKAGES

Pint-size homes (some even less than 100 square feet!) are having a moment, but what does it really mean to live in a home with virtually no space?

BY JACQUELINE KOVACS



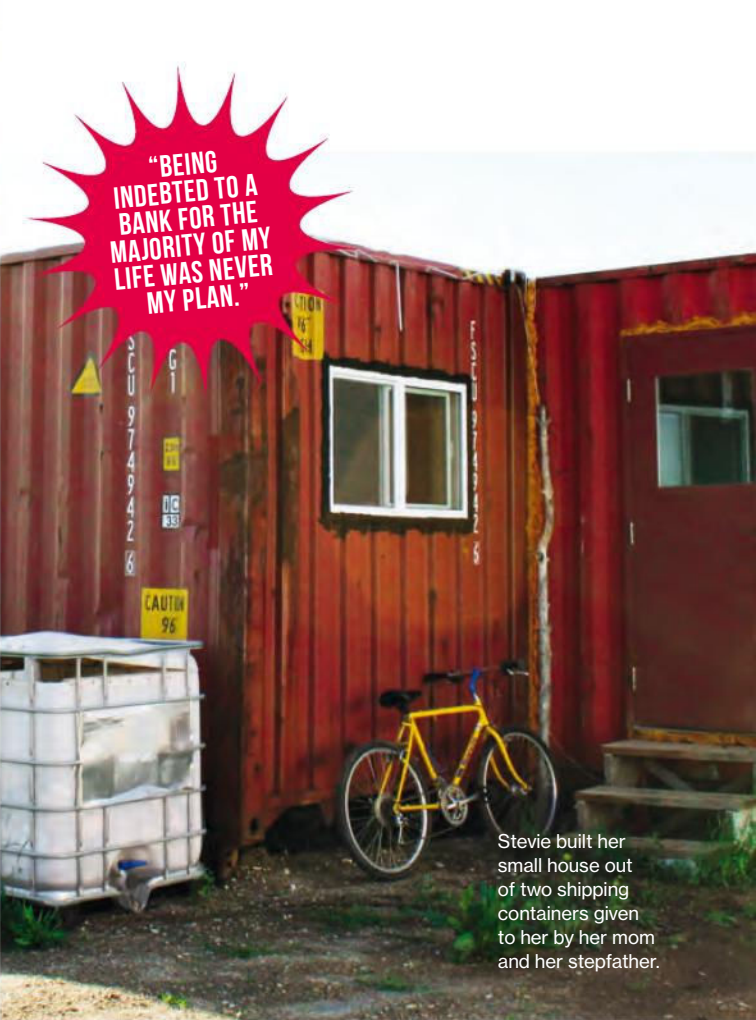
PHOTOGRAPHY: MICHAEL DYRLAND/DYRLANDPRODUCTIONS.COM



Stevie Quinney in the kitchen of her small house in Winkler, Man.



The home looks out over the Manitoba Prairies.



"BEING INDEBTED TO A BANK FOR THE MAJORITY OF MY LIFE WAS NEVER MY PLAN."

Stevie built her small house out of two shipping containers given to her by her mom and her stepfather.

SMALL TALK

What does tiny really mean?



MICRO HOUSE:
100 square feet or less



TINY HOUSE:
101 to 400 square feet



SMALL HOUSE:
400 to 1,400-plus square feet

Stevie Quinney was tired of her Vancouver lifestyle. Only 22 at the time, she was paying \$700 a month for a bedroom in a shared basement suite and struggling with student loans. Then, she started reading *The Big Tiny: A Built-It-Myself Memoir* by Dee Williams, a tiny house guru of sorts, and something clicked. "It sparked the idea that I could move to a small house, that it was doable," she says.

So doable, in fact, that she contacted her mother in Winkler, Man., about 90 minutes southwest of Winnipeg, and told her that she wanted to move back home and create her own little house—out of shipping containers. Her mom and her stepfather were immediately on board, but the real seal of approval

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"I really like the idea of not having more than you need."

came in March 2015, when, for Stevie's birthday, they bought her two shipping containers to get her journey started.

More and more people are embarking on a similar path. Covering everything up to 1,400 square feet (see Small Talk, page 54), the tiny house movement has been gaining momentum. But what's the big attraction?

It's a few things, explains John Infranca, assistant professor of law at Suffolk University's law school in Boston and research affiliate at the Furman Center for Real Estate and Urban Policy at New York University. "We've got a demographic trend of people living in smaller households," he says. "People live as singles for longer periods of time, married couples delay having children or aren't having children at all, seniors are living longer after being widowed and people are divorcing at higher rates. These smaller households are drawn to smaller homes."

At the same time, he says, there's a movement toward owning less "stuff," which has been made easier by technology, as we don't need as much space to store books, music and movies as we once did. Finally, there's the environmental aspect. "The idea of a smaller footprint and less energy-intensive usage is attractive to a lot of people."

That was certainly the case for Stevie. "I've always been conscious of being eco-friendly," she says. "I really like the idea of not having more than you need."

She also liked the idea of owning her home—no mortgage—and designing it to suit her lifestyle. With the shipping containers already purchased, Stevie started researching floor plans online.

She'd never done one before, but after looking at some container-house layouts, she drew her own and sent it to her stepfather, who refined the drawings even more.

He helped with construction as well, along with his brothers, all of whom had experience building sheds, workshops and barns. "They knew a lot about how to do the plumbing and electrical work, so we didn't have to hire anybody," says Stevie. Six months and about \$50,000 later, she moved into her 600-square-foot home.

At first, it was rough going. Unlike tiny homesteaders in California or Oregon, Stevie had the Canadian climate to contend with. "The first week, the pipes froze, so I was hauling water from my mom's home," she says. And because there wasn't time to install the wood stove she bought, she had to use a small electric shop heater through the winter. But eventually, warmer weather arrived, and now, Stevie says the place is looking good. "It's really nice. I've got all of my furniture, and my living room is set up."

Beyond the physical comfort of her own home, though, she feels a great sense of accomplishment. "I'm at a stage now where many people my age are getting married, buying houses and having children. It's wonderful, but it's also very expensive," she says. "Being indebted to a bank for the majority of my life was never part of my plan." She values flexibility and life experience over a big house and a mortgage, and she believes that even more tiny houses are on the horizon for those in her age group and younger. "This small house movement is turning into a very big thing." ◉

THE PROS AND CONS OF TINY LIVING

THE UPSIDES

Affordability:

You can build your home for much less than the cost of a regular-size home—think anywhere from \$5,000 to \$70,000, as opposed to more than \$1 million in Vancouver or Toronto—and live mortgage-free.

Low utility bills:

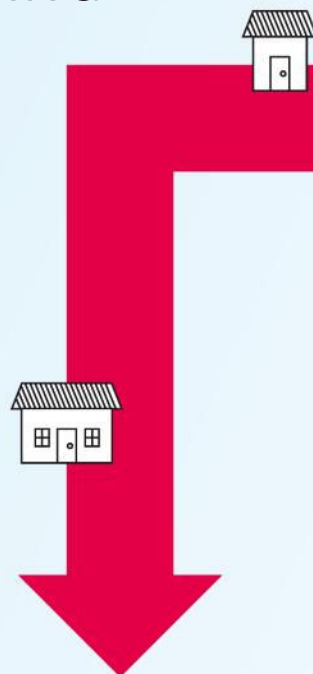
Your heating, cooling, electricity and water usage will cost less than in a regular house.

Planet-friendly:

Little homes use fewer resources and take up less space. In addition, many owners use solar power, compost toilets and other environmentally conscious options.

More social time:

A tiny interior space may send you out into the world more often. The local coffee shop, for example, could become your home office, or you may be more inclined to go out with friends.



THE DOWNSIDES

Land costs: Your house may seem like a steal at first glance, but land costs could bring the overall expense of your home to much more than you imagined.

Little to no storage: A tiny home is not for those who like to collect books, shoes, clothes or knick-knacks. There's just no room for nonessentials.

Less personal space: Though some families do live—and thrive—in small homes, many people would struggle with sharing less than 500 square feet of space with more than one person.



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How They Did It

When Susan Mills and her husband, Bill Mullen, both in their 50s, decided to move from Nova Scotia to a tiny house in Turtle Lake, Sask., they had no prior knowledge of the trend. “I’d been looking at them online and loved them,” says Susan, “but I’d never seen a tiny house in person before building one.” Luckily, she did all the research and made their new 118-square-foot house into their dream home. Here’s how she did it.

The right spot A key reason for the couple making the move was to be closer to Susan’s mother in Saskatoon. But in the course of her research, Susan learned that tiny houses on wheels are illegal in that city. So she moved hers an hour north to Turtle Lake. Be sure to check your local bylaws before constructing a home of your own.

The right design Instead of a total DIY, Susan opted for a tried-and-true design by architect and tiny house pioneer Jay Shafer, owner of California’s Four Lights Tiny House Company. “I liked how his houses looked—Craftsman style,” she says. “And since he had lived in a tiny house for 15 years, that’s what decided it for me.” Susan also knew that Shafer’s design would have addressed the problems she had read about, such as condensation and mould.

The right extras In building her house, Susan kept the Saskatchewan climate top of mind, paying close attention to insulation and installing triple-pane glass windows. “We had a warm winter this year, but we often have winters where we hit -40°C,” she says. “Insulating well also helps keep things cool in the summer.”

The right mindset “The decision wasn’t really financial,” says Susan. “I was already debt-free and had a house that I liked a lot. It was more a lifestyle change.” She started acquiring clothes and possessions to suit her new space and fresh life chapter. “It’s a midlife thing where I don’t want all the stuff that was appropriate to me at 25. I like having a house that can come with me to a new location or, if I end up travelling, as many older people do, an easy house to maintain.”

If you’re convinced you have what it takes to go small, here are your next steps.

- **Go to a home show featuring tiny house builders.** Often a model home will be set up for you to step inside and see what it’s like.

- **Educate yourself.** There are groups like Tiny House Alliance in Loreburn, Sask., popping up across the country. Ask to attend one of their regular meetings so you can learn from real tiny homeowners about the challenges and joys of their lifestyle. Also, inquire if someone will let you visit their house; a functioning household will give you a realistic idea of what’s involved in living small. ●



DO YOUR RESEARCH! HOMES ON WHEELS ARE NOT LEGAL IN ALL CITIES.

Wonderful to have good eyes

Madeleine wrote to us to tell her story of how Blue Berry™ has impacted her quality of life and helped her enjoy her favorite hobby: painting beautiful landscapes.

“My name is Madeleine Fournier. I am retired and live in Montreal. In my spare time, I enjoy spending time in nature, painting beautiful plants and landscapes.

Macular Degeneration

In my later years, my eyes began to weaken. I was very sad about this, because I love painting, which is demanding on the eyes and requires accurate vision.

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Read about Blue Berry™

Then, in a magazine, I noticed an ad about Blue Berry, and read about a man who had used it to maintain his eyes. In hopes of getting the same results, I bought a box at my local pharmacy, and started the same day.

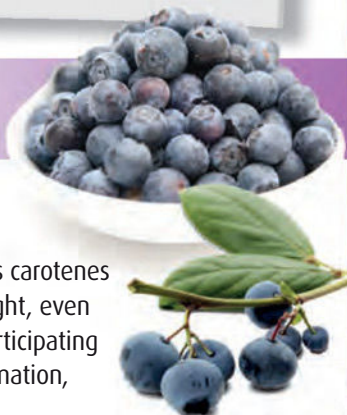
Now, I have been taking Blue Berry for almost a year, and I am very happy with the product. I am painting and my spirits have been lifted.

I am very happy to have found this product from New Nordic, and recommend it highly to anyone who wants to take good care of their vision.”

Madeleine F., Quebec

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It made Ian very unhappy for many years. Many times he would say: “I’m just stupid .. and I have no real friends.”

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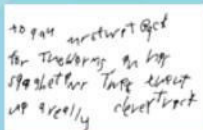
better able to handle his teenage social issues, which is critical in developing self-esteem and boosting self-confidence.

We are so happy with EQUAZEN, and feel assured now that more positive successes will occur for Ian. We strongly recommend this great product to other families.”

D. S. Hay Lakes, AB

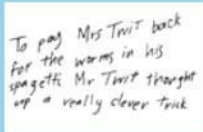
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Joe, aged 9

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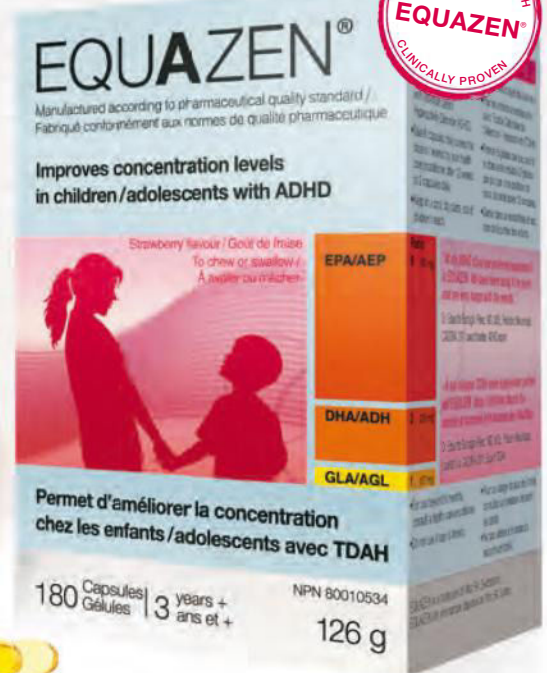
Joe, aged 9

Richardson, A. J. Pediatrics (2005).
Oxford Durham Study



“For years I have been faced with the dilemma and the question that parents repeatedly ask: “Is there anything that I can do for my child with ADHD or a similar condition, without having to medicate them?” With EQUAZEN, I can now finally give them a natural choice that is backed by real science.”

Dr. Sohail Khattak, Pediatrician at the Kids Clinic, Whitby ON, Canada



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FRESH STARTS

These three women prove that, no matter your age or stage, it's never too late to make a change, take a chance or begin again.

BY ANDREA KARR



RELATIONSHIP REBOOT

When writer Shana Gray's marriage ended, she thought she'd never find love again. Then, a weeklong foray into the world of online dating renewed her faith in romance—and herself.

"I'm leaving you tonight. I won't be there when you get home."

After 22 years of building a home and a family together, those were the only words Shana Gray's husband, Tim*, had left for her. His announcement—delivered by phone call while Shana was at work—came three weeks after she'd discovered he was having an affair with a mutual friend. "I had expected to be with him for the rest of my life," she says.

After Tim moved out in April 2003, Shana was ridden with insecurity. "I remember thinking that, if my ex didn't want me after 22 years, how could anyone else ever want me?" She was afraid to trust a new man after the horror stories she'd heard from her police officer ex-husband, and it didn't help matters when she watched a TV show about male stalkers one drunken night with her girlfriends. Maybe I'll just be single for the rest of my life, she thought.

Shana had been single for 18 months when one of her friends suggested she sign up for a dating site; the friend had found love online and thought Shana could do the same. But

she was skeptical. At the time, there was still a stigma surrounding online dating, and Shana assumed most men trolling for women on the web were "scuzzbags." She finally agreed to log on—for a one-week trial.

Then, on Day 2, Steve* found her. Like in a cheesy '90s rom-com, his profile was titled "Looking for Ms. Right." His bio made him seem "down-to-earth and honest," so they struck up a conversation, moving quickly from chatting on the website to hour-long phone calls each evening at 10. Shana felt like she'd known him for ages.

When it came time to meet in person, they decided to grab a coffee at the mall. They had never seen pictures of each other, and Shana was scared Steve might not be physically attracted to her. "I'm a curvy girl," she says. She also had her friends on alert in case he was a creep. But when the couple embraced, there was an instant connection—and they've been together ever since.

In hindsight, Shana, now 55, realized the end of her marriage was the best thing that ever happened to her, as it made way for Steve to enter her life. A far better match for her, he's also much more supportive of her writing. She wrote and published her first novella in 2010 and has since authored several romance novels under the pen name Shana Gray. "Steve felt that I needed to have an outlet," she says. "He'd tell me, 'You've got to follow your heart. You've got to do what you love.'" ●

**Names have been changed.*



GROWTH OPPORTUNITY

When AnneBruce Falconer entered her 40s, she realized she was ready to leave modern dance for a whole new career—in organic farming.

Age or injury wasn't top of mind for AnneBruce Falconer when she decided to end her career as a professional dancer and pursue a new life path. After 25 years of performances and touring—complete with airports, hotel rooms and demanding hours—she realized there was more she wanted to explore beyond the stage.

AnneBruce had always loved the country, while her husband, cellist Erich Kory, had a passion for vegetable gardening. After the couple purchased Liberte terre Farm in Stanstead, Que., in 2005, an idea started to take form: What if she stopped dancing...to become a full-time farmer? Within a couple of years of buying the property, AnneBruce decided to plunge full tilt into farming and approached the Dancer Transition Resource Centre for help turning her idea into a reality.

AnneBruce applied for the largest grant available: \$18,000 that could be stretched over up to three years. Most transitioning dancers use the money for education at university or college, but AnneBruce created a plan to train in biodynamic organic farming by apprenticing at several Quebec farms. Once her application was approved, she audited a correspondence course on organic horticulture from Halifax University and took part in several intense weekend workshops—a method of training that she continues to this day. All the while, she was working on her own farm, using the knowledge she had learned.

Starting over in her 40s wasn't easy. "I was absolutely petrified," she says. "I knew dance so well and had been doing it for so long. It was my home." When it came to farming, there was zero travel, early hours (she has to wake at 4:30 a.m. every day) and a tough learning curve.

The process sometimes felt impossible. "It was like learning another language," she says. "When I was learning French, I thought I would never be able to speak it." But one day, just as with French, she realized she knew so much more than she thought she did from "plugging away."

Six years after finishing her apprenticeships, AnneBruce is content. Dance will always be a part of her ("If you talk to anybody who was a dancer, they'll say it never leaves you," she says), but she's settled into her new lifestyle. She helps out at Ferme au bonheur des prés, a sheep farm that's five minutes away from Liberte terre, in addition to caring for her own vegetables and herbs. She and Erich have also developed a new line of skin care, Liberte terre Apothecary (liberteerreapothecary.com), using home-grown medicinal herbs such as chamomile, calendula and arnica.

Looking back, AnneBruce wishes that she could have told herself to relax and trust the process. Though she made mistakes, like trying to raise both animals and other crops on her small farm, she knows that the missteps were necessary. "Everything I went through became a learning experience for where I am now." And where she is now is exactly where she wants to be. ☐

*"EVERYTHING
I WENT THROUGH
BECAME A LEARNING
EXPERIENCE FOR
WHERE I AM NOW."*



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SOMETIMES FOOD CAN REALLY SPEAK TO KIDS.

Moms just know.



OH, THE PLACES YOU'LL GO!

If you're craving a change, big or small, Dr. Lorraine Bennington, a Vancouver registered psychologist, shares her four top tips for taking the leap.

GET UNSTUCK If you feel like there's something missing in your life, it's time to figure out what adjustments you can make to improve your situation. Revisit the things that made you happy as a child, which Dr. Bennington says are part of your "life blueprint," to direct your first steps. That could mean taking jewellery-making classes if you've always wanted to be a fashion designer, or returning to university if you've long wanted to be a lawyer.

VISUALIZE YOUR FUTURE

If the idea of change overwhelms you, imagine what your life will look like in five years if things remain the same, then visualize what it will be like if you take the plunge. "Usually, people will say it looks better with the change," says Dr. Bennington.

DON'T LISTEN TO TOXIC PEOPLE

If you've found that a particular parent, sibling or friend doesn't believe you can succeed (in a new job, with a new partner or as a single parent), it's time to stop expecting that person to miraculously offer support. "Don't share your ideas with someone who is likely to respond negatively every time," says Dr. Bennington. Instead, seek people who are "consistently genuine and supportive."

REWRITE YOUR STORY

Even if a transition (like a divorce or a layoff) is out of your control, you can choose to see the situation through a positive lens. Maybe there's a part of you that was unhappy for years or secretly wanted freedom from a controlling husband or a nosy boss. "Reframe the change as something good, rather than as something awful that's happened to you," says Dr. Bennington.



BABY AND ME

Sara Lanthier was 38 and single. But skipping love and marriage didn't mean forgoing the baby carriage, too.

At eight years old, Will is Sara Lanthier's everything. "He's hilarious and smart. He's super artsy and could build Lego for three hours at a time and not bat an eye," his mother asserts.

Nine years ago, Sara had written off being a mom. At 38, after a handful of short-lived relationships and one failed engagement, she thought, "It's not going to happen; I'm already in my late 30s and I haven't met anybody. Plus, she didn't think she could manage the expense of raising a child on her own, so she made peace with her status as the resident fun aunt in the family.

Then, one night, her dad and her stepmom sat her down and suggested she try to have a child on her own. "It hit me out of left field," she says, but they praised her strength and her independence and promised to help out financially. Though motherhood had never seemed like an option, Sara realized the only thing that had been stopping her was the question of money. She decided to do it.

She picked a donor through Xytex Corp, an American sperm bank that divulges extensive donor information, including a personal essay and photos of the donor as a

child and an adult. She went through more than 60 profiles to narrow down to her top five options, then she had her friends over for a cocktail party to help make the final decision. "I joke that I went with their No. 1 pick because my taste in men is what landed me in this situation," she says.

Alas, when she went to order him, he was sold out. Instead, she went with her friends' second choice—and her first—a German-Portuguese glassblower and artist.

After Sara underwent several rounds of tests with LifeQuest Centre for Reproductive Medicine in Toronto, the time for insemination finally arrived. Because of Sara's age, the chance of success was only 33 percent, but she found out six days later that she had conceived, and the pregnancy stuck.

She knows she's fortunate to have a supportive family, and because she lives in a time when it's possible to become a single mother by choice. "I have friends at my neighbourhood coffee shop who are in their 70s and never had kids. They wish this had been an option when they were younger," she says.

But her luckiest break has been Will. The day he was brought to her hospital room from intensive care (he was born 10 days early), she says, "it was like a first date." They wheeled him in and she sat there, staring at his tiny face. In the span of a few hours, she'd gone from a single woman to having a partner in crime for life. "We're a team," she says. "It's just me and him." ●



CURIOUS HOW THE ARTIFICIAL INSEMINATION PROCESS WORKS?
VISIT canadianliving.com/allthesinglemommies.

A close-up photograph of a man and a woman smiling and embracing each other. The woman is in the foreground, wearing a bright blue top and a necklace. The man is behind her, also smiling. The background is a soft-focus outdoor setting with greenery.

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THE MOMENT.**

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THANK YOU INDIA

How a trip to Rajasthan gave two
Toronto families the gift of perspective.

BY SANDRA E. MARTIN
PHOTOGRAPHY BY DOUGLAS MACRAE



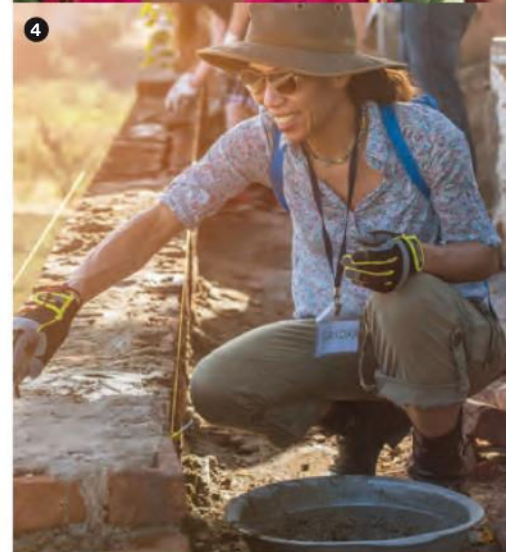
A FAMILY OF SIX CAN FEEL LIKE A CROWDED PLACE. At any given moment, someone is liable to be touching your stuff, eating the last of the good cereal or using the bathroom when you need it. As the youngest of my siblings, I was always wedged between Mom and Dad on the bench seat at the front of the car—and if we ever had to give a lift to a friend or pick up family from the airport, I was relegated to someone's lap or the hump in front of the middle backseat.

Danielle Dudtschak can relate. “There are so many of us, you’re never alone—which is great, but, sometimes, it can be awful,” observes the recent high school grad and eldest of four kids in her family of six.

At least, that’s how she felt before travelling to India’s crowded Rajasthan region with her parents, twin brothers and younger sister last Christmas on a volunteer trip with Me to We, the Canadian organization affiliated with Free the Children. Me to We’s mandate is to spark positive change, both at home and internationally, by shifting “me” thinking to “we” thinking. It was the Toronto family’s first experience of Indian culture and first volunteer trip together. “In India,” Danielle quips, “you’re *never* alone—ever.” Roughly one-third the square footage of Canada, India has 36 times our population. The Dudtschaks watched in worried awe as motorcycles zoomed past carrying four or even five passengers apiece. Even the cows became too numerous for them to count.

The culture shock was exactly what they had hoped for.

Like other families who sign up for volunteer trips with Me to We, the Dudtschaks were looking for more than a vacation. Says Danielle’s father, Kirk: “My wife, Rosemary, and I knew we were fortunate as a family, and always talked about doing something that helped the kids see the broader world—both to appreciate how blessed they are and to cause them to want to make the world a better place.”



1. Local girls dressed in traditional garb to perform for the Me to We group visiting Kalthana Primary School in Rajasthan. **2.** The author and her daughter Bronwyn join the group on a surprise camel ride. **3.** Kids in the Me to We



2



3

WILL WORK FOR TRAVEL

Organizing movie nights and potluck dinners can help you earn your way to India and other volunteer travel destinations.

When Craig Kielburger (a cofounder of Free the Children) finally heard his mom say “yes” to his request to travel to India at age 12 and see for himself the horrors of child labour that he’d read about in newspapers, one of the conditions was that he’d have to come up with half the cost of the trip himself. It was partly his mom’s way of testing his commitment to the trip and partly a financial necessity, as his middle-class parents couldn’t afford to pay his fare outright.

The same logic applies to Me to We trips, which give families and youth the chance to immerse themselves in the culture of India, Kenya or Ecuador and to make a difference in the communities they visit.

“Travel changed my life when I was a young person,” says Craig, who’s now 33. “I believe that everyone should have that opportunity, regardless of their socioeconomic background.”

Like Craig, most families fundraise their way there—organizing movie nights and potluck dinners and working with Lions Clubs and other local resources. “I think it’s a great teachable moment for young people—that you have to earn this type of unique experience,” says Craig. “The experience isn’t a two-week trip; it’s a two-year journey, and that two-year journey includes fundraising.”

So you’ve never fundraised before? You can get kits from Me to We that show you how. If you’re in the Toronto area, you can also find inspiration at the first-ever We Day Family event, at the Air Canada Centre on Oct. 19. It’s the mom, dad and kids version of the international We Day events founded by Craig and his brother, Marc, where inspirational speakers and chart-topping performers join to help motivate families to get moving and to change the world, locally and globally.



5



7

group try their hand—literally—at turning a waterwheel in the village. 4. The author lays bricks at a school construction site. 5. The local schoolkids are fascinated with visitors’ phones. 6. Danielle Dudtschak follows the steps of the

“water walk,” which village women take up to 10 times a day, to fetch water from a central well. 7. The Dudtschaks (Simon, Justin, Kirk, Rosemary, Nicole and Danielle) ring in the new year dressed in Indian dhotis (for the guys) and saris.

You can buy tickets for We Day Family at canadianliving.com/vip.

For more information on Me to We volunteer trips, visit metowe.com/trips.



1. Cattle are numerous (and sometimes adorned) in rural Rajasthan. 2. Nicole Dudtschak is reunited with her primary school buddy as the Me to We group visits the villagers where they live. 3. "Of all the things we could have done, the kids wanted to go back to the school because they were getting such a sense of accomplishment from building the wall," says Kirk, looking back.

Families who sign up for volunteer trips with Me to We are looking for more than a vacation; they want to make the world a better place.

Typically, the cost of the nine-day trip starts at \$3,200 per person, not including airfare from Canada to Delhi (or to a destination in Kenya or Ecuador). It's certainly not in everyone's budget, but families can fundraise to pay their passage (see *Will Work for Travel*, page 67).

The Dudtschaks' nine-day trip gave them the opportunity to see the India of their pop-culture references, including a guided tour of the spice market in Delhi that made them feel like they'd jumped into a scene from *Raiders of the Lost Ark*, as well as up-close encounters with the people and problems of rural Rajasthan. Kirk recalls visiting Kalthana Primary School: "As we went marching in, I was watching a woman washing her clothes on the stone by the pond, and an ox turn the waterwheel, bringing up water from the hand-dug well. Then, my little buddy from the school grabbed my hand and walked with us up to the schoolyard. For me, up until that point of our trip, it had been as if we were experiencing the culture through the windshield of a car."

It was in the schoolyard that my 13-year-old daughter, Bronwyn, and I first really met the Dudtschaks. (We'd officially met at breakfast in Delhi the day before, but we were pretty jet-lagged after

travelling first on an overnight flight from Toronto to Zurich, where we spent six hours on a stopover, then catching another plane from Zurich to Delhi and, finally, crashing in bed at 3 a.m. local time.) The trip facilitators had given us little Hindi phrase books, but, face-to-face with the schoolkids we'd each been paired with, the foreign words flew out of our heads. No matter: Most of the kids knew a few words of English, and we relied on pantomime to communicate the rest. "Phone!" was a popular request, and we marvelled at the ease with which these kids could navigate our iPhones and Samsungs. "Games?" asked my little friend, a girl with cropped hair held back by a barrette. No games on my phone. The best substitute I could offer was the notes app and my emojis. "I don't have any games, either," said a boy who turned out to be Danielle's brother Justin. "But I just showed my buddy the calculator, and it's blowing his mind!"

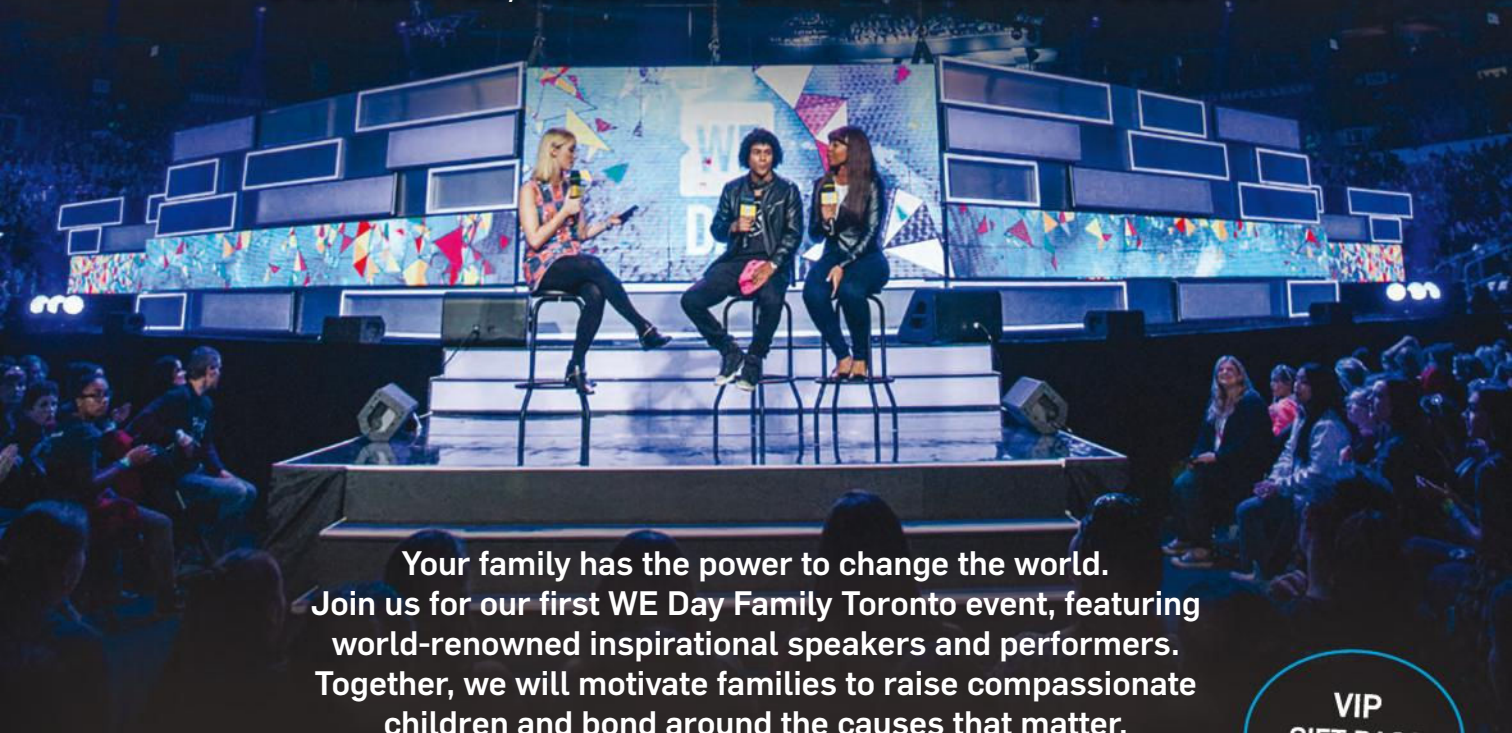
The community requires a well-equipped senior school for kids to move on to, and helping rebuild and refurbish the existing Verdara High School was one of our tasks. The dozen or so families on the trip divided into groups by task: Bronwyn went off to paint murals in one of the finished buildings, while I decided I was better suited to laying bricks and hauling "masala"—the local term for mortar, because it's a mix, or "masala," of cement, sand and water. It was dusty, sweaty work but also satisfying to see our progress day by day.

As we became more familiar with our surroundings and the work that needed to be done in the community, our Me to We facilitators offered us other activity options—Bollywood dance lessons, an Indian cooking class—but many of us, including the Dudtschaks, kept returning to the school construction site. Looking back, Kirk says that choice is what makes him most proud. "Of all the things we could have done, the kids wanted to continue to go back to the school because they were getting such a sense of accomplishment from building the wall."

Kirk and his family are already talking about their next volunteer trip. As he puts it, "If you want an experience that will bring your family together, help you realize how blessed and fortunate you are and help you feel like you can make a difference in other people's lives—and come back feeling all that much more blessed and fortunate—it's pretty incredible." ●

WE DAY FAMILY

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Home



Luxe for Less

To get the look and function of built-ins without the hefty price tag, designer Karl Lohnes stacked 12-inch-deep upper cabinets along one wall of his compact dining room. A quartz-wrapped cutout provides ample space for display, while its mirror backing reflects light into the space. *Martha Stewart for Home Depot Maidstone cabinets in Sharkey Grey, \$241 per linear foot, homedepot.ca. Transitional metal pulls, \$9 each, richelieu.com.*

FINE DINING

In design expert Karl Lohnes' downtown Toronto home, timeless details and clever storage solutions help a tiny dining room punch way above its weight.

BY SARAH GUNN
PHOTOGRAPHY BY YVONNE DUIVENVOORDEN



Karl Lohnes might be one of Canada's best-known design personalities, but even star designers get stumped by sticky decorating situations from time to time. Take the dining room in his 145-year-old Toronto townhouse, for example. Tucked at the front of the home, it hadn't been touched in the 12 years since he'd moved in. At 10½ by nine feet, it was cramped, it lacked storage and it didn't show off his collection of treasures. "I love to buy unique things, so storage was the main issue," says Lohnes. With no functional space for stashing his finds, he left them to sit in his unfinished basement—until he partnered with the team at Martha Stewart on an ingenious solution: 10 square feet of budget-friendly faux built-ins made from kitchen cabinets.



Install hardware horizontally for a modern esthetic.



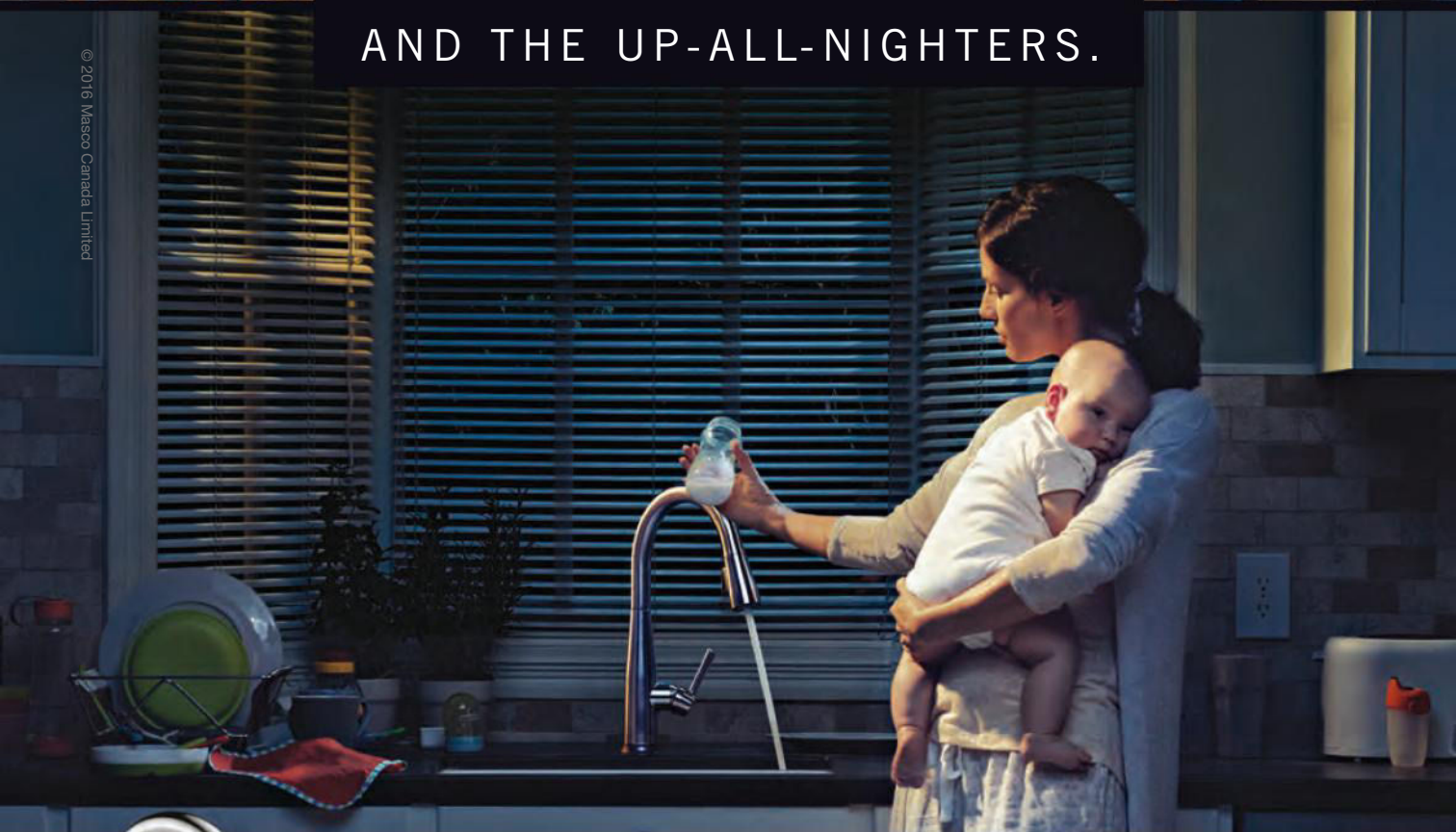
Table Talk

To make the vintage mahogany dining table (found on Craigslist for \$600!) more casual, durable and stain-resistant, Lohnes had it topped with a thin piece of grey Silestone quartz. "A rounded or oval table seats more people—no corners to contend with," he says. "The perfect dining table allows for three feet of clearance on all sides." The two grey upholstered chairs at either end of the table can be pulled into the living room as additional seating for guests. *Clarkson armchair, \$565, casalife.com.*

TIP WHEN STYLING GLASS-FRONT CABINETS, PLACE GLASSWARE AND WHITE SERVING PIECES ON THE TOP SHELVES, AND DARKER PIECES CLOSER TO THE BOTTOM, TO LIGHTEN THE LOOK.



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LIGHT IT RIGHT

Lohnes' two rules for hanging fixtures over a dining table:

1

In a dining room with standard-height ceilings (eight to nine feet), the bottom of the fixture should sit 36 inches above the table.

2

To find the ideal diameter of your chandelier or pendant, measure the width of the room and calculate two inches for every foot.

For example, in a 10-foot-wide room, the diameter should be 20 inches.

Custom drapery can be pricey, but dummy panels (which don't close) soften the look of windows for a fraction of the cost.

By installing a top-loading washer and dryer pair instead of a stackable unit, Karen was able to maximize the natural light from the existing window and make this bite-size laundry room feel bright and airy.

Room to care

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CARING FOR FAMILY FIRST

Karen's parents had spent the previous 15 years on the road in their RV. And while they loved the adventurous life, they longed to be near their growing family, especially their young grandchildren. So they parked the RV and bought a fixer-upper near their son's family. When her parents headed back out on an extended trip, Karen decided a surprise reno was just the ticket to help them settle into their new life as hands-on grandparents.

A NEW FLOOR PLAN AND A FRESH LOOK

The bungalow was in dire need of an update. Karen started by knocking down walls, creating an open-concept living, dining and kitchen area complete with new, efficient appliances. The outdated bathroom got a luxe stand-up shower, modern tile and gleaming fixtures. The master bedroom was reworked to include plenty of closet space, and a cozy new den accommodates overnight guests.

MAKING THE MOST OF TINY SPACES

The new main-floor laundry, tucked into a tiny room near the bedroom and the living area, is now so stylish that it has no doors so everyone can enjoy the view. Karen designed the space around a new Whirlpool® high-efficiency top-loading washer and dryer pair that fits it perfectly. The best part? The washer and dryer have huge capacity: they can do a week's worth of clothes in one load*. Plus, the washer's Load & Go™ feature holds a month's worth of detergent** and allows for automatic dispensing ensuring each load gets the right amount of detergent for precise fabric care. Now when it comes to acts of care, Karen's parents can add laundry to the list.

*Up to 3.7, 7-lb baskets. **Up to 14 loads (14 lbs) per month.

Designer Karen Sealy didn't waste any time showing her parents how much she cared. When they picked up the keys to their new house, then took off on a two-month road trip soon after, she sprang into action, renovating their house—as a surprise!—and creating a beautiful retreat they can call home.



“Functional can be pretty, too. When selecting items like wall hooks or cabinet hardware, have some fun.”

—Karen Sealy

KAREN'S TOP TIPS FOR DESIGNING THE PERFECT (SMALL) LAUNDRY ROOM:

1. Laundry rooms don't need to be huge to work. Most of us fold and iron in front of the television in another room anyway. Consider placing your laundry area close to this room for convenience.
2. If your laundry space is tight, make it beautiful and forgo the door. You'll have better access to everything and extra visual appeal. Plus, you'll have more options when choosing your washer and dryer—higher capacity top load machines will fit in the space not taken up by a door.
3. When planning your laundry space, consider what other storage you might need to include, such as cupboards to hold bulk household items, cleaning supplies, brooms and vacuums or off-season coats and clothes.
4. Sorting laundry can happen either where the laundry is created (near bedrooms) or in the laundry room before washing. If your laundry room is small, perhaps a pretty sorting station in the hallway near your bedroom is the solution. It could even be disguised as a handy bench or console.



Learn more at
whirlpool.ca



BEST BUYS

Working Girl

Warm-toned metals, faux marble, fresh white accents—these office accessories are the perfect mix of ladylike glamour and modern functionality.

BY SARAH GUNN

1. **Marble-print mouse pad**, \$13, pinkpiggystudio.etsy.com. 2. **Big Deal pencil set**, \$8 per set of six, pennypaperco.com. 3. **Laptop decal**, from \$24, mixeddecal.etsy.com. 4. **Wheelhouse bookcase**, \$318, landofnod.com. 5. **Feodor swivel chair**, \$179, ikea.ca. 6. **Large box**, \$20, hm.com/ca. 7. **Felt storage basket**, \$18, hm.com/ca. 8. **Lillåsen desk**, \$179, ikea.ca. 9. **Ranarp lamp**, \$40, ikea.ca. 10. **Kate Spade New York stapler**, \$28, indigo.ca.

HE FIGHTS DIRTY, *no matter how dirty* DIRTY IS.

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Wet before use. A rinse is required for surfaces that come in direct contact with food. Use as directed.

AFTERNOON DIY

WRAP IT UP

Upcycle old tins into fun holders for desk supplies.

BY SARAH GUNN

INSTRUCTIONS

1. Gather your materials: several empty food cans in varying sizes (cleaned, with the top lid removed), an assortment of patterned paper, scissors and double-sided tape.
2. Measure the height and circumference of each can. Cut one piece of paper to each can's dimensions, adding one inch to the length.
3. Apply double-sided tape along the entire edge of the back of the paper. Carefully wrap the paper around the side of the cans, pressing to adhere and overlapping the final inch.
4. Fill your pretty wrapped tins with coloured pencils or other office supplies!

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Canadian Living
VIP EVENTS & EXPERIENCES

Summer

NIGHTS & WINE

Join us for a relaxing evening of wine paired with our favourite *Canadian Living* barbecue recipes.

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RIPE FOR THE PICKING

Whether it's the desire to reduce the chemicals in our diet or save money, or as an excuse to get outside, more than one-third of Canadians grow food at home. But not all home gardeners are experts; some of us don't know what happens, exactly, after our seeds have been planted. How do you know when your veggies are ready to eat and what's the best way to get them onto your plate? In an excerpt from his book *The New Canadian Garden*, **Mark Cullen** shares his simple guide to harvesting and storing your homegrown veggies.

BEANS (BUSH)

How Long Until Harvest: What the Package Says 54 days

What to Look For

Harvest when the beans are about the size of a pencil. Beans that are allowed to grow too large will become chalky and lose their flavour.

How to Store Wash only once you are ready to use them. Brush off dirt and put in the crisper. Rinse in cold water and only cut right before use.

BEETS

How Long Until Harvest: What the Package Says 50–70 days

What to Look For

Harvest before the plant flowers to retain maximum flavour. The package should say how large that variety will grow. Dust off the soil to expose the top of the beet and estimate its diameter. Pull when it has reached the right size.

How to Store Store in refrigerator with greens left intact if planning to use within two weeks. Can be stored in dry sand in a cool (1°–4°C), dry place if planning to store for longer. Only uninjured beets should be stored this way.

BROCCOLI

How Long Until Harvest: What the Package Says 45 days

What to Look For

Cut off the main head before it flowers. Side shoots will likely grow; cut them off when they are a size you can use.

How to Store Can be stored two to three days in the crisper after heads have been misted and wrapped in damp paper towels.

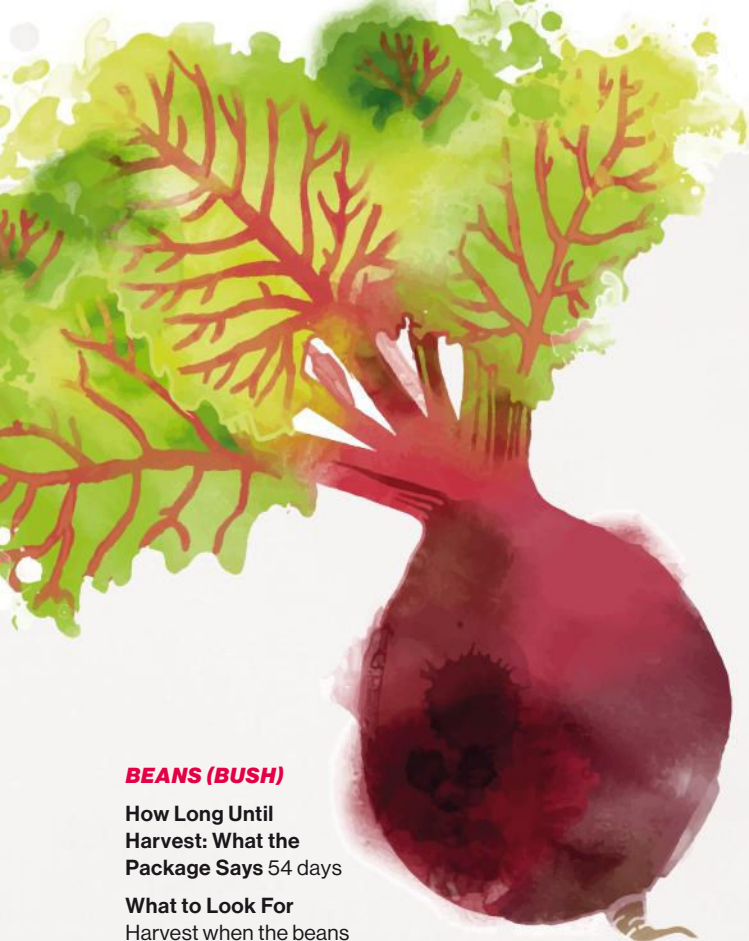
KALE

How Long Until Harvest: What the Package Says 55 days

What to Look For

Ready when leaves are about 20 centimetres long. Pick continuously throughout the season. Harvest from the outside and avoid breaking off the centre leaves.

How to Store Kale tastes best fresh from the garden. For short-term storage, wash leaves, de-stem if you wish, dry, and place on a paper towel. Wrap up the lot and store in the crisper for seven to 10 days. ◻



ILLUSTRATIONS: ISTOCKPHOTO





LETTUCE (LEAF)

How Long Until Harvest: What the Package Says 40 days

What to Look For Harvest leaves the day you want them. Can be stored for a few days in the fridge. Do not allow to flower, and pick leaves from the bottom up (or inside out depending on the variety), keeping some to continue photosynthesis.

How to Store Wash leaves thoroughly with cold water. Use a spinner or paper towel to dry leaves. Put dry leaves into a sealable bag and push out excess air before sealing. Stores well for up to eight days.

RADISH

How Long Until Harvest: What the Package Says 21–45 days

What to Look For Do not allow to flower. Harvest when top of radish has reached size specified on package. Radishes are very fast-growing vegetables, some only taking three weeks. Sow a few seeds every week for a continuous harvest.

How to Store Remove leaves and stems and wash well. Rinse in cold water; do not leave out to dry. Line a sealable bag with a paper towel and drop in the wet radishes. Add more paper towel if you have more than a few radishes. Refrigerates well for at least a week.



MARK CULLEN BELIEVES IN GIVING BACK!

All of the author royalties from the sale of this book will go to the planting of trees along Canada's Highway of Heroes.



SPINACH

How Long Until Harvest: What the Package Says 45 days

What to Look For Pick leaves from main stem as plant grows and you want spinach. Immature leaves tend to be less bitter. Do not allow to flower.

How to Store Pick and eat right away. Spinach can be stored in the refrigerator for up to three weeks. Do not wash after picking; dry leaves with paper towel and store in an airtight plastic bag lined with a paper towel. For freezing: blanch, chill in ice water, drain, and package for freezing.

TOMATO

How Long Until Harvest: What the Package Says Cherry: 70 days; Moneymaker: 75 days; Plum: 75 days; Roma: 75 days

What to Look For Harvest when tomato is red (or has a firm but not hard texture). Some tomatoes will never turn red (they are yellow, brown, purple, or green when ripe, so it's always good to know your variety). If tomato is almost ripe and a large amount of rain is forecasted, pick the tomato to avoid it splitting from the excess water. Place not-quite-ripe tomatoes in a warm, sunny window and they will ripen.

How to Store Do not refrigerate freshly picked tomatoes. Pick and use within three days. If you have picked unripe tomatoes, let sit on windowsill. Remove dirt with a damp cloth but dry well before letting them sit on the counter.



Excerpted from *The New Canadian Garden* by Mark Cullen. © 2016, Mark Cullen. All rights reserved. Published by Dundurn Press.

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GAIN ORIGINAL

BY GAIN



THE SERIOUSLY GOOD SCENT

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FIVE-INGREDIENT ISSUE!

Cook & Eat



DID YOU KNOW?

Lemongrass has several layers of leaves wrapped around its core, and while the entire stalk is edible, typically, only the white centre is used in cooking. To prep lemongrass, peel away and discard the tough outer layers, and then thinly slice the white interior with a knife or finely grate it with a rasp. You can freeze any leftover grated fresh lemongrass in an airtight container for later use; it will thaw in a matter of minutes.

INGREDIENT SPOTLIGHT

LEMONGRASS

A staple in Thai and Vietnamese cuisines, lemongrass is known for infusing soups, curries, rubs and sauces with its earthy, lemony essence. Go beyond those traditional takes with a few fresh ways to use the flavourful stalks.

BY JENNIFER BARTOLI & THE TEST KITCHEN

× On The Menu ×

Four ways to
love lemongrass
P. 85

Five-ingredient
weeknight meals
P. 89

Entertaining
made easy
P. 96

Fuss-free
sweets
P. 98

Make-ahead
breakfasts
P. 107





LEMONGRASS AND FIVE- SPICE SCALLOPS

Peel, core and chop 1 mango; set aside. Sprinkle 400 g jumbo scallops (20 to 40 count), patted dry, with $\frac{1}{4}$ tsp each salt and pepper. In bowl, stir together 2 tbsp finely grated

lemongrass, 1 tbsp each vegetable oil and sodium-reduced soy sauce and $\frac{1}{2}$ tsp five-spice powder. Add scallops; toss to coat. In large nonstick skillet, heat 1 tbsp vegetable oil over medium-high heat; cook scallops, turning once and adding half of the mango

during last 2 minutes of cooking, until scallops are opaque throughout, about 5 minutes. Scrape into serving dish. Top with remaining mango.

Makes 4 servings.

PER SERVING: about 189 cal, 17 g pro, 8 g total fat (1 g sat. fat), 13 g carb (1 g dietary fibre, 8 g sugar), 33 mg chol, 456 mg sodium, 436 mg potassium. % RDI: 4% calcium, 6% iron, 5% vit A, 25% vit C, 7% folate.

ALL
RECIPES
ONLY
5
INGREDIENTS!

LEMONGRASS AND GREEN ONION MEATBALLS



In bowl, combine 450 g lean ground pork; 4 green onions, thinly sliced; 4 cloves garlic, finely grated or pressed; 2 tbsp

finely grated lemongrass; 1 tbsp fish sauce; and pinch each salt and pepper. Firmly roll by 2 tbsp into balls. Refrigerate for 10 minutes. In large nonstick skillet, heat 2 tsp vegetable oil over medium heat; cook meatballs, stirring

occasionally, until browned and no longer pink inside, about 12 minutes.

**Makes about
16 meatballs.**

PER MEATBALL: about 56 cal, 5 g pro, 4 g total fat (1 g sat. fat), 1 g carb (trace dietary fibre, trace sugar), 16 mg chol, 104 mg sodium, 97 mg potassium. % RDI: 1% calcium, 3% iron, 2% vit C, 2% folate.



Make it Thai with Peanut Butter!

Peanut butter is a great way to play up the flavours of this Thai-inspired dish. Just stir in 2 tbsp **KRAFT 100% All Natural Crunchy Peanut Butter** into the lemongrass mixture. Then, continue with the *Lemongrass and Five-Spice Scallops* recipe as directed. Endless meal ideas from the jar we all know and love. Learn more at sticktogether.ca



Stick Together



Lemongrass gets its name from the lemony flavour of its stalks, making it the perfect fit for a refreshing cocktail.

LEMONGRASS AND GINGER SIMPLE SYRUP 🍹🍋🍯🌿

In saucepan, bring 1 cup granulated sugar; 1 stalk lemongrass, bruised and chopped; 6 slices (1 inch) fresh ginger; and 1 cup water to boil over medium-high heat, stirring until sugar is dissolved. Reduce heat and simmer for 5 minutes. Remove from heat; let cool for 20 minutes. Refrigerate for 24 hours. Strain through fine-mesh sieve; discard solids. *(Make-ahead: Refrigerate in airtight container for up to 1 month.)*

Makes about 1 cup.

PER 1 TBSP: about 48 cal, 0 g pro, 0 total fat (0 g sat. fat), 12 g carb (0 dietary fibre, 12 g sugar), 0 mg chol, 1 mg sodium, 0 mg potassium.

LEMONGRASS AND GINGER LOUNGER 🍹🍋🍯🌿

In whisky tumbler, combine 1½ oz dark rum, ¼ cup Lemongrass and Ginger Simple Syrup (see recipe above), ¼ cup soda water and ¼ tsp minced peeled fresh ginger. Add lime slices, peeled lemongrass stalks and fresh mint, if desired. Top with ice cubes.

Makes 1 cocktail.

PER COCKTAIL: about 289 cal, 0 g pro, 0 g total fat (0 g sat. fat), 12 g carb (0 g dietary fibre, 12 g sugar), 0 mg chol, 1 mg sodium, 0 mg potassium.



◆ MEGAN GIBSON

of PB&Jams combined
lemon zest, peanut butter
and blackberry jam.



lemo**pb**jamscuit

WHAT WILL YOU MAKE?



Triscuit **madeformore**

 pinterest.com/triscuitcanada

WEEKNIGHTS

QUICK + EASY

Keep prep effortless and your grocery bill affordable with these weeknight dinners that require only five ingredients (and a few pantry staples).

BY JENNIFER BARTOLI & THE TEST KITCHEN

MONDAY



Soy-Maple Glazed Salmon and Swiss Chard

Cut stems from **1 large bunch** (about **340 g**) **rainbow Swiss chard**; coarsely chop leaves. Trim and cut stems into ½-inch thick pieces. Set aside. In small bowl, stir together **3 tbsp maple syrup**, **2 tbsp sodium-reduced soy sauce** and **2 cloves garlic**, finely grated or pressed. Sprinkle **4 skinless salmon fillets** (about **450 g total**) with **pinch each salt and pepper**. In nonstick skillet, heat **2 tsp olive oil** over medium heat; cook fish for 4 minutes. Turn and brush with 2 tbsp of the maple syrup mixture; cook until fish flakes easily when tested with fork. Transfer to plate; tent with foil to keep warm. Wipe pan clean. In same pan, heat **2 tsp olive oil** over medium heat; cook **3 cloves garlic**, minced, stirring, until fragrant, about 30 seconds. Add Swiss chard stems and **pinch each salt and pepper**; cook, stirring, until tender-crisp, about 4 minutes. Add Swiss chard leaves; cook, stirring occasionally, until leaves are softened and beginning to wilt, about 2 minutes. Stir in 1 tbsp of the maple syrup mixture. Scrape into serving dish; top with fish. Add remaining maple syrup mixture to pan; cook over medium heat until thickened, about 2 minutes. Spoon over fish. **Makes 4 servings. ◻**

ALL
RECIPES
ONLY
5
INGREDIENTS!

✓
TESTED
TILL
PERFECT

DAIRY-FREE NUT-FREE

PER SERVING: about 282 cal, 21 g pro, 16 g total fat (3 g sat. fat), 14 g carb (1 g dietary fibre, 9 g sugar), 55 mg chol, 497 mg sodium, 649 mg potassium. % RDI: 6% calcium, 14% iron, 40% vit A, 30% vit C, 17% folate.



TUESDAY



Creamy Broccoli Rotini

Cut stem from **1 head broccoli** (about 325 g); cut head into florets. Trim bottom end of stem; peel outer layer. Thinly slice stem. Finely grate zest of **1 lemon** to make 1 tsp; juice lemon to make 2 tsp. Set aside. In saucepan of boiling salted water, cook **340 g rotini** according to package instructions, adding broccoli during last 2 minutes of cooking. Reserving 1 cup of the cooking liquid, drain. In nonstick skillet, heat **1 tbsp olive oil** over medium heat; cook **3 cloves garlic**, sliced, stirring, until fragrant, about 1 minute. Add **¾ cup mascarpone cheese**; cook, stirring occasionally, until melted. Stir in pasta mixture, lemon zest and **¼ tsp each salt and pepper**, tossing and adding enough of the reserved cooking liquid to coat. Stir in lemon juice.

Makes 4 servings.

TIP FROM THE TEST KITCHEN

Stir any leftover mascarpone with a little honey and serve over fresh fruit for a speedy dessert.

Versatile ingredient

Mild, creamy mascarpone lends itself to both sweet and savoury dishes.



Learn three ways to juice a lemon at canadianliving.com/juicelemon.



NUT-FREE



VEGETARIAN

WEDNESDAY



Sausage and Brussels Sprout Pizza

Finely grate zest of **1 lemon** to make 1 tsp; juice lemon to make 2 tbsp. Set aside. In large nonstick skillet, cook **300 g pork sausage**, casings removed, over medium-high heat, breaking up with spoon, until crisp and golden, about 5 minutes. Reduce heat to medium. Add **170 g brussels sprouts**, trimmed and thinly sliced, and **pinch pepper**; cook, stirring, until brussels sprouts are tender-crisp, about 2 minutes. Scrape into bowl; stir in lemon zest. On lightly floured work surface, roll out or press **350 g prepared pizza dough** into 12-inch circle; transfer to greased pizza pan. Prick dough all over with fork; sprinkle with $\frac{1}{2}$ **cup mozzarella cheese** and $\frac{1}{4}$ **tsp pepper**. Bake on bottom rack of 500°F oven until crust is light golden and cheese is melted, about 5 minutes. Top with sausage mixture; sprinkle with $\frac{1}{2}$ **cup mozzarella cheese**. Bake until bottom of crust is golden and crisp, 8 to 10 minutes. Drizzle with lemon juice.

Makes 4 servings.

NUT-FREE

Time-saver

Using store-bought pizza-dough feeds your family faster.



PER SERVING: about 535 cal, 27 g pro, 29 g total fat (11 g sat. fat), 49 g carb (4 g dietary fibre, 4 g sugar), 79 mg chol, 990 mg sodium, 351 mg potassium. % RDI: 17% calcium, 29% iron, 10% vit A, 50% vit C, 13% folate.



Make it a meal

These skewers pair nicely with sesame noodles or sautéed greens.

THURSDAY



Chicken Skewers With Peanut Lime Dipping Sauce

Finely grate zest of 1 lime to make 1 tsp; juice lime to make 1 tbsp. In small bowl, whisk together **¼ cup smooth peanut butter**, **2 tbsp hoisin sauce**, **1 tbsp grated fresh ginger**, the lime zest, lime juice and **¼ cup hot water**; set aside. Sprinkle **450 g boneless skinless chicken thighs**, cut in 1-inch cubes, with **pinch each salt and pepper**; thread onto metal or soaked wooden skewers. Place on lightly greased foil-lined baking sheet. Broil until juices run clear when chicken is pierced, about 6 minutes. Serve with peanut butter mixture.

Makes 4 servings.

DAIRY-FREE

PER SERVING: about 249 cal, 24 g pro, 14 g total fat (3 g sat. fat), 8 g carb (1 g dietary fibre, 4 g sugar), 75 mg chol, 267 mg sodium, 285 mg potassium. % RDI: 2% calcium, 11% iron, 2% vit A, 3% vit C, 9% folate.



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see what you've been missing with over 300 unique
PC® Organics products.



pc.ca/organics

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Change it up

Substitute basil pesto with tapenade or sun-dried tomato pesto.

FRIDAY



Steak and Pesto Baguette Sandwiches

In small bowl, stir **3 tbsp light mayonnaise** with **2 tbsp prepared pesto**; set aside. Cut **1 baguette** in half horizontally almost but not all the way through; quarter crosswise. Heat in **400°F** oven until warm, about 7 minutes. Sprinkle **340 g beef top sirloin grilling steak** with **pinch each salt and pepper**. In skillet, heat **2 tsp olive oil** over medium-high heat; cook beef, turning once, until medium-rare, about 6 minutes. Transfer to rack; let rest, uncovered, for 5 minutes. Cut across the grain into $\frac{1}{4}$ -inch thick slices. In same pan, heat **2 tsp olive oil** over medium heat; cook **1 pkg (142 g) baby spinach**, stirring occasionally, until wilted, about 2 minutes. Sprinkle with **pinch each salt and pepper**. Spread mayonnaise mixture over cut sides of baguette. Layer beef and spinach over bottom halves; sandwich with top halves.

Makes 4 servings. ●

PER SERVING: about 522 cal, 33 g pro, 16 g total fat (3 g sat. fat), 61 g carb (4 g dietary fibre, 4 g sugar), 50 mg chol, 890 mg sodium, 596 mg potassium. % RDI: 10% calcium, 50% iron, 38% vit A, 7% vit C, 84% folate.

The

SQUEEZING IN SOME “WE” TIME

recipe

Crunchy Chocolate Chip
Peanut Butter Snack Bites



MIX



ROLL



CHILL

Find this recipe and more at sticktogether.ca

MAKE IT TO SHARE

Your next dinner party will be both elegant and effortless with these one-pan dishes that are seriously simple to make.

BY MIKE WARD & THE TEST KITCHEN

ZUCCHINI, CHÈVRE AND WALNUT TART

Hands-on time: 10 minutes

Total time: 30 minutes

Makes: 4 to 6 servings

- 1 zucchini
- 1 sheet (half 450 g pkg) frozen butter puff pastry, thawed
- 50 g soft goat cheese (chèvre), crumbled
- ¼ cup chopped walnuts
- 2 tsp chopped fresh rosemary

Using vegetable peeler, slice zucchini lengthwise into paper-thin strips.

On rimless baking sheet, gently unroll pastry; lightly brush with 2 tsp extra-virgin olive oil. Top with zucchini. Sprinkle with goat cheese, walnuts, rosemary, ¼ tsp kosher salt and pinch pepper. Bake in 400°F oven until pastry is golden, about 20 minutes.

Drizzle with 1 tbsp extra-virgin olive oil. Cut diagonally into wedges.

PER EACH OF 6 SERVINGS: about 252 cal, 6 g pro, 19 g total fat (7 g sat. fat), 16 g carb (2 g dietary fibre, 2 g sugar), 19 mg chol, 215 mg sodium, 134 mg potassium. % RDI: 2% calcium, 9% iron, 11% vit A, 8% vit C, 8% folate.



Serve this savoury tart as either an appetizer or a side dish. For the easiest prep, thaw the puff pastry in the fridge the night before.



Crumbling goat cheese doesn't have to be messy. Learn our easy (and clean) method at canadianliving.com/crumblecheese.





Browning the chicken and cooking the biryani in the same pan keeps cleanup to a minimum and infuses the rice with flavour.



CHICKEN, RICE AND THYME BIRYANI 🍗🍚🌿

Hands-on time: 20 minutes

Total time: 45 minutes

Makes: 4 servings

- 4 bone-in skin-on chicken thighs
- 2 onions, thinly sliced
- 2 cups sodium-reduced chicken broth
- 1 cup basmati rice, rinsed
- 1 tbsp finely chopped fresh thyme

Sprinkle chicken with $\frac{1}{4}$ tsp salt and pinch pepper. In Dutch oven or large heavy-bottomed saucepan, heat 1 tsp olive oil over medium-high heat; cook chicken, turning occasionally, until golden, about 7 minutes. Transfer to plate.

Drain all but 4 tsp fat from pan; cook onions over medium-high heat, stirring, until golden, about 6 minutes. Stir in broth, rice, thyme and $\frac{1}{4}$ tsp salt, scraping up browned bits; bring to boil.

Arrange chicken, skin side up, over rice mixture. Reduce heat, cover and simmer until liquid is absorbed and chicken is no longer pink inside, about 15 minutes. Remove from heat; let stand, covered, for 10 minutes before serving.

PER SERVING: about 468 cal, 26 g pro, 21 g total fat (6 g sat. fat), 42 g carb (2 g dietary fibre, 3 g sugar), 101 mg chol, 681 mg sodium, 370 mg potassium. % RDI: 4% calcium, 12% iron, 5% vit A, 12% vit C, 10% folate. ●



ALL
RECIPES
ONLY
5
INGREDIENTS!



ALL
RECIPES
ONLY
5
INGREDIENTS!

Spoon any juices from
the baking dish over
the ice cream.

Just desserts

Each of these deceptively simple
desserts calls for only five no-fuss
ingredients, yet they're elegant
enough for entertaining.

BY JENNIFER BARTOLI & THE TEST KITCHEN

ROASTED CARDAMOM PEACHES WITH VANILLA BEAN ICE CREAM P.100

To make things really
easy, scoop the ice
cream up to three hours
ahead of time and place
it on a parchment paper-
lined baking sheet.
Then, transfer the sheet
to your freezer until
you're ready to serve.

✓
TESTED
TILL
PERFECT

LEMON CURD AND PISTACHIO MILLE-FEUILLE P. 102

Mille-feuille is a classic French dessert with three layers of puff pastry. In this version, we've substituted the traditional custard with whipped cream and lemon curd for a tangy twist.

You'll find jars of lemon curd in the jam section of most grocery stores.



APPLE PIE TURNOVERS

These flaky wonders are a hand-held spin on apple pie. Cover the phyllo pastry with a damp tea towel to prevent the remaining sheets from drying as you assemble the turnovers.

ROASTED CARDAMOM PEACHES WITH VANILLA BEAN ICE CREAM 🍌🍌🍌

Hands-on time: 10 minutes

Total time: 40 minutes

Makes: 8 servings

- 1 lemon
- 4 tsp packed brown sugar
- ½ tsp ground cardamom
- 4 peaches, halved and pitted
- 8 scoops vanilla bean ice cream

Finely grate lemon zest to make ½ tsp; juice lemon to make 1 tbsp.

In bowl, stir together 2 tbsp melted butter, the lemon zest, lemon juice, brown sugar and cardamom.

Arrange peaches, flesh side up, in 12-cup baking dish. Brush flesh with butter mixture. Bake in 400°F oven until peaches are softened and beginning to brown, 25 to 35 minutes. Let stand for 5 minutes.

Top each peach half with scoop of ice cream.

PER SERVING: about 145 cal, 2 g pro, 8 g total fat (5 g sat. fat), 19 g carb (2 g dietary fibre, 17 g sugar), 33 mg chol, 38 mg sodium, 256 mg potassium. % RDI: 4% calcium, 3% iron, 10% vit A, 10% vit C, 2% folate.

APPLE PIE TURNOVERS 🍌🍌

Hands-on time: 35 minutes

Total time: 45 minutes

Makes: 8 turnovers

Filling:

- 3 cups diced cored peeled baking apples (such as Braeburn, Northern Spy or Golden Delicious)

- ¼ cup packed brown sugar
- 2 tsp cinnamon

Pastry:

- 4 sheets frozen phyllo pastry, thawed
- 2 tsp packed brown sugar
- ½ tsp cinnamon 🍌

Filling: In nonstick skillet, melt 2 tbsp butter over medium heat; cook apples, brown sugar, cinnamon and 3 tbsp water, stirring occasionally, until apples are softened and liquid is thickened, about 8 minutes. Let cool completely.

Pastry: In small bowl, melt $\frac{1}{3}$ cup butter. Place 1 sheet of the phyllo on work surface with 1 long end facing you; keep remainder covered with damp towel (to prevent drying out). Brush phyllo with some of the butter; top with second sheet of phyllo. Cut crosswise into quarters; spoon rounded 2 tbsp of the apple mixture onto bottom corner of each. Working with one-quarter at a time, fold bottom corner upward and sideways to line up bottom edge with side edge, cover filling and form triangle; continue folding bottom corner upward and sideways to end of strip. Repeat with remaining phyllo sheets and all but 1 tsp of the butter.

Arrange, 1 inch apart, on parchment paper-lined rimmed baking sheets. Brush tops with remaining butter; sprinkle with brown sugar and cinnamon. Bake, 1 sheet at a time, in 425°F oven until golden, 8 to 10 minutes.

PER TURNOVER: about 185 cal, 1 g pro, 11 g total fat (7 g sat. fat), 21 g carb (1 g dietary fibre, 13 g sugar), 28 mg chol, 137 mg sodium, 69 mg potassium. % RDI: 2% calcium, 6% iron, 9% vit A, 3% vit C, 5% folate.

WATERMELON AND CANTALOUPE LAYERED ICE POPS

Hands-on time: 20 minutes

Total time: 5 $\frac{3}{4}$ hours

Makes: 10 ice pops

1 lime
2 $\frac{1}{2}$ cups chopped seeded watermelon

3 tbsp liquid honey
12 fresh mint leaves
2 $\frac{1}{2}$ cups chopped seeded cantaloupe

Finely grate lime zest to make $\frac{1}{2}$ tsp; juice lime to make 2 tbsp.

In blender, purée together watermelon and half each of the honey, lime zest and lime juice until smooth. Add half of the mint; purée until mixture is smooth with a few small pieces of mint remaining. Divide among ten 3-oz shot glasses. Freeze until surface is firm, about 1 $\frac{1}{2}$ hours.

In clean blender, purée together cantaloupe and remaining honey, lime zest and lime juice until smooth. Add remaining mint; purée until mixture is smooth with a few small pieces of mint remaining. Pour over watermelon mixture, dividing evenly. Cover each ice pop with small piece of foil; cut slit in centre of each. Insert pop sticks into centres. Freeze until firm, about 4 hours. (*Make-ahead: Freeze for up to 3 days.*)

Immerse shot glasses in lukewarm water for about 30 seconds before unmoulding ice pops.

PER ICE POP: about 45 cal, 1 g pro, trace total fat (trace sat. fat), 12 g carb (trace dietary fibre, 11 g sugar), 0 mg chol, 7 mg sodium, 156 mg potassium. % RDI: 1% calcium, 1% iron, 16% vit A, 32% vit C, 5% folate. 

TIP FROM THE TEST KITCHEN

If you're using two-ounce shot glasses, divide the purées among 15 glasses and freeze the watermelon mixture for only one hour.

WATERMELON AND CANTALOUPE LAYERED ICE POPS

Mint and frozen fruit purée deliver a double dose of refreshing flavour in this cool treat. The best part? With only 45 calories per serving, these refreshing ice pops are a lighter alternative to gelato or ice cream.



LEMON CURD AND PISTACHIO MILLE-FEUILLE 🍋

Hands-on time: 35 minutes

Total time: 1¼ hours

Makes: 6 servings

- 2 sheets (450 g pkg) frozen butter puff pastry, thawed
- ¾ cup whipping cream (35%)
- ¼ cup icing sugar
- ½ cup lemon curd
- 3 tbsp unsalted shelled pistachios, finely chopped

On lightly floured work surface, gently unroll puff pastry. Using 3-inch round cookie cutter, cut out 9 rounds from each sheet. Arrange, 1 inch apart, on parchment paper-lined large rimless baking sheet. Prick pastry rounds all over with fork. Place sheet of parchment paper over pastry rounds; top with separate large baking sheet. Refrigerate until chilled, about 20 minutes.

Bake between stacked baking sheets in 375°F oven for 5 minutes. Remove top baking sheet and top sheet of parchment paper; bake until golden and slightly puffed, 12 to 15 minutes. Let cool completely. (*Make-ahead: Store in airtight container for up to 6 hours.*)

While pastry is baking, in bowl, beat cream with icing sugar until stiff peaks form. Refrigerate until chilled, about 20 minutes. Spoon into piping bag fitted with small star tip.

Using offset palette knife or back of spoon, spread heaping 1 tsp of the lemon curd over top of each pastry round, leaving thin border. Pipe whipped cream in star shapes over top. Sprinkle with pistachios. Layer 3 pastry rounds together, pressing lightly to adhere, to create 6 stacks.

PER SERVING: about 426 cal, 6 g pro, 27 g total fat (14 g sat. fat), 41 g carb (2 g dietary fibre, 14 g sugar), 73 mg chol, 240 mg sodium, 76 mg potassium. % RDI: 2% calcium, 10% iron, 18% vit A, 2% vit C, 3% folate.

MILK CHOCOLATE MOUSSE WITH FRESH RASPBERRIES 🍫

Hands-on time: 15 minutes

Total time: 2¼ hours

Makes: about 3 cups

- 200 g good-quality milk chocolate (about 7 oz), finely chopped
- 2 cups whipping cream (35%)
- 2 tsp vanilla
- 2½ cups fresh raspberries

Place chocolate in heatproof bowl. In small saucepan, heat cream over medium-high heat just until bubbles form around edge; pour over chocolate, whisking until melted. Stir in vanilla and ¼ tsp salt. Let cool slightly. Cover with plastic

wrap; refrigerate until chilled, about 2 hours. (*Make-ahead: Refrigerate for up to 24 hours.*)

Beat mousse until soft peaks form, 4 to 5 minutes. Using piping bag fitted with large star tip, pipe heaping 1 tbsp into Asian soup spoons; top with raspberries.

PER 1 TBSP: about 58 cal, 1 g pro, 5 g total fat (3 g sat. fat), 4 g carb (1 g dietary fibre, 2 g sugar), 14 mg chol, 19 mg sodium, 33 mg potassium. % RDI: 1% calcium, 1% iron, 4% vit A, 3% vit C, 1% folate. ●

TIP FROM THE TEST KITCHEN

Don't have Asian soup spoons? Instead, spoon ⅓ cup of the mousse into each of four 12-ounce glasses; top with half of the raspberries. Repeat layers once.

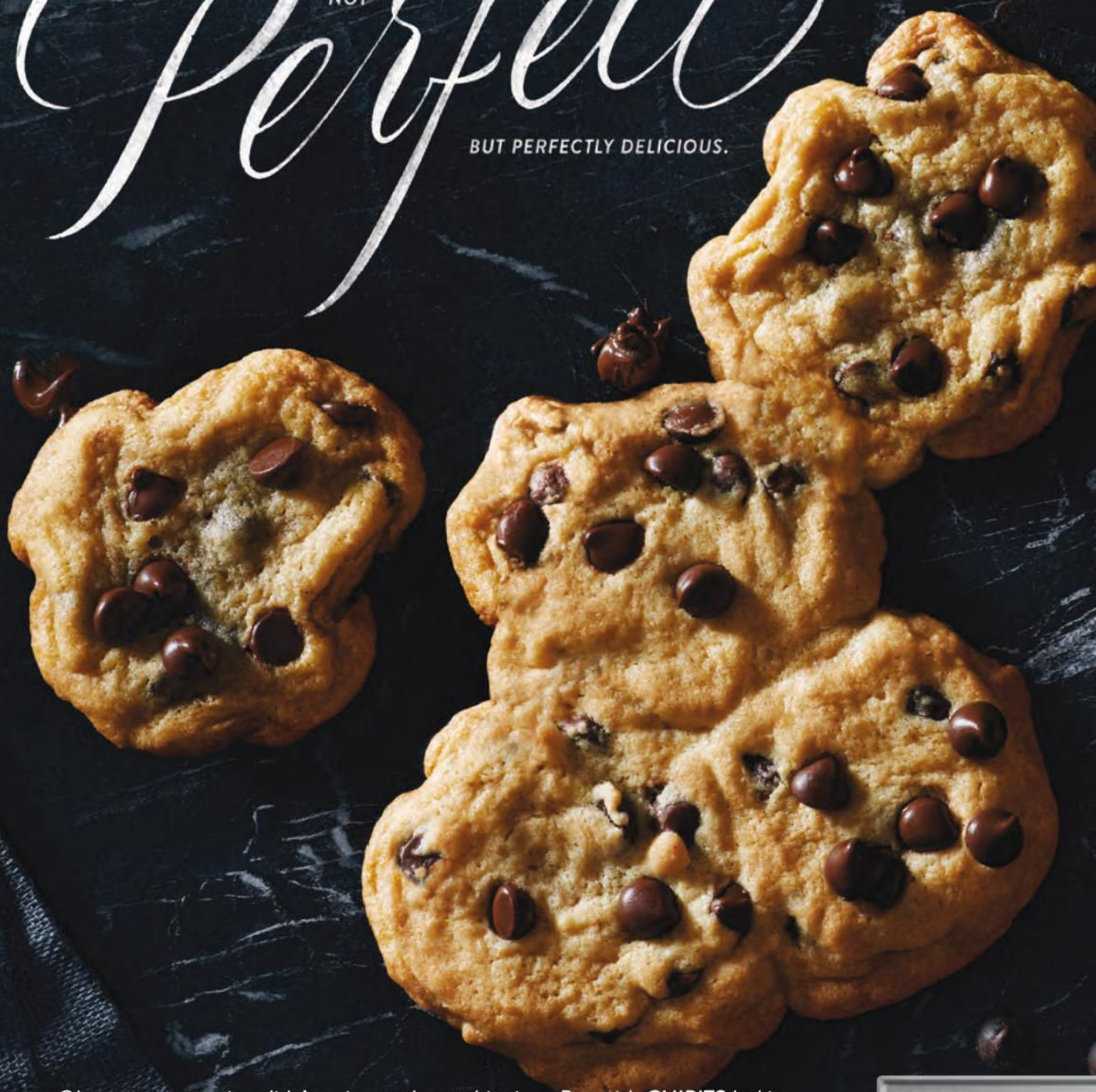
Garnish with milk chocolate shavings for an extra-special presentation.

MILK CHOCOLATE MOUSSE WITH FRESH RASPBERRIES

This airy, chocolaty mousse makes a stunning dessert that's easily customizable to the size of your dinner party. To serve a crowd, we've piped the mousse into Asian soup spoons for an elegant one-bite dessert.

NOT Perfect

BUT PERFECTLY DELICIOUS.



Okay, so your recipe didn't quite work out this time. But with **CHIPITS** baking chips and our 70 years of chocolate-making expertise on your side, your treats will still be sweet and delicious. So go ahead and fail beautifully, because even if your cookies clump together, you know everybody is still going to want one. Discover this and other inspiring recipes at hersheyskitchens.ca.

HERSHEY'S
Chipits
Bake on.



Night in Rio is a sweet and savoury blend of blackberry, papaya and safflower petals.



Satisfy your next cookie craving with this creamy take on the classic treat.



Gilean's KITCHEN CRUSHES

Food editor **Gilean Watts** shares the culinary picks she's coveting this month.

REDUCES WASTE!



1. Awesome sauce

This vegan gravy is a staple at Vancouver's The Naam Restaurant, the city's oldest natural-foods eatery. I picked up a jar on a recent trip to Granville Island. It's heaven warmed up and drizzled over fresh-from-the-oven potato wedges with a sprinkling of Parmesan shavings.

The Naam Miso Gravy, \$6.50, vegansupply.ca.

2. Trendy teas

On any given Sunday morning, you can find me lining up at T by Daniel, an ultra-trendy tea shop in Brampton, Ont., that doles out unique blends of naturally flavoured loose-leaf tea. Right now, I'm crushing on Strawberry Balloons—it's a

taste of summer in every sip. **Strawberry Balloons green tea**, \$8, **Night in Rio herbal tea**, \$8, and **B.F.F. (Berry Fruit Fusion) herbal tea**, \$8.50, tbydaniel.com.

3. Y-pods

Buying large tubs of yogurt instead of the single-serving packs is a great way to save money at the grocery store. I spoon what I need for the day into one of these handy little containers; each has a removable freezer pack inside the lid to keep contents cool on the go. **Fuel Snack Pods**, \$11 each, trudeau.com.

4. Family affair

The unique handmade wooden rolling pins from Canadian father-daughter

team Herriott Grace are hand-turned by Lance Herriott in his Victoria workshop, then shipped to his daughter, Nikole, who sells the goods from her Toronto studio. These rolling pins, available in both tapered and handled styles, are family heirlooms in the making. **Handmade wooden rolling pins**, from \$90 each, herriottgrace.com.

5. Spoonfuls of heaven

I've yet to meet a cookie butter I don't like, but my new favourite sweet spread trumps them all! This cookies-and-milk version is made with real chocolate cookies and organic milk for a truly addictive spread that I happily devour by the spoonful! **Duo Penotti Cookies & Milk Chocolate Spread**, \$5, walmart.ca.



PEANUT-FREE, NOT FUN-FREE.

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Join *Canadian Living* Food editors Gilean Watts and Jennifer Bartoli for a hands-on cooking class featuring delicious Tested-Till-Perfect recipes from the Canadian Living Test Kitchen. Learn how to bake, broil and roast like a pro!



TWO SESSIONS AVAILABLE! AFTERNOON & EVENING

Thurs., Sept. 22, 2016 12 to 2 p.m. **or** 6:30 to 8:30 p.m.

Luxe Appliance Studio 334 King St. E., Toronto

Tickets are only \$65.

**To purchase tickets, visit
canadianliving.com/vip.**



Images are representative. Exact menu to be determined.





BACON AND BRUSSELS SPROUT FREEZER FRITTATAS

P. 110

Bacon on a workday? Yes, please! These freezable frittatas are a weekday morning saviour. Heat 'em up in the microwave and enjoy on toast or an English muffin, or on their own with a side of greens or sliced avocado.

ALL RECIPES ONLY **5** INGREDIENTS!

Rise and Shine

Lunch can steal the spotlight now that school is back in session, but breakfast is still the most important meal of the day. Thankfully, with a little prep, these make-ahead a.m. fixes take no more than five minutes out of your morning.

BY GILEAN WATTS & THE TEST KITCHEN

5 ways with Oatmeal

Start with our Overnight Steel-Cut Oatmeal recipe, then choose your toppings. Sweet or savoury? You pick.

The oatmeal will thicken overnight, so stir in a bit of water or milk before reheating.



*
Savoury oatmeal? Similar to Asian congee, this trendy dinner-for-breakfast option is great for those who can't stomach sweets before noon.

COZY APPLE PIE OATMEAL P. 110



**THAI PEANUT
BUTTER OATMEAL** P. 110



**TROPICAL MINT
OATMEAL** P. 110

*Choose one of
five
flavours!*



**BREAKFAST SPECIAL
OATMEAL** P. 110



**EGG BENEDICT
OATMEAL** P. 110

Recipes



BACON AND BRUSSELS SPROUT FREEZER FRITTATAS 🍳🥦

Hands-on time: 20 minutes
Total time: 45 minutes
Makes: 8 servings

4 cups brussels sprouts (about 450 g),
 trimmed and quartered
 4 strips bacon, chopped
 8 eggs
 ½ cup homogenized milk
 ½ cup grated Parmesan cheese

In large saucepan of boiling salted water, cook brussels sprouts until tender, about 3 minutes. Drain and rinse under cold water; drain well.

Meanwhile, in nonstick skillet, cook bacon over medium-high heat, stirring often, until crisp, about 2 minutes. Using slotted spoon, transfer to paper towel-lined plate.

Drain all but 1 tsp fat from pan; sauté brussels sprouts with pinch salt over medium-high heat until beginning to brown, about 5 minutes. Stir in bacon. Scrape into lightly greased 13- x 9-inch (3.5 L) baking dish.

Whisk together eggs, milk and pinch salt; pour into baking dish. Sprinkle with Parmesan. Bake in 350°F oven until puffed and knife inserted in centre comes out clean, 25 to 30 minutes. Let cool slightly. Cut into 8 squares. *(Make-ahead: Wrap each square in plastic wrap and refrigerate for up to 3 days or overwrap in foil and freeze for up to 3 weeks. Reheat in microwave or oven.)*

PER SERVING: about 162 cal, 12 g pro, 10 g total fat (4 g sat. fat), 6 g carb (2 g dietary fibre, 2 g sugar), 205 mg chol, 431 mg sodium, 309 mg potassium. % RDI: 12% calcium, 11% iron, 16% vit A, 63% vit C, 30% folate.

OVERNIGHT STEEL-CUT OATMEAL 🌱🥣

In saucepan, melt 1 tsp butter over medium heat; cook 1 cup steel-cut oats, stirring, until fragrant, about 2 minutes. Add 3½ cups water and ¼ tsp salt; bring to boil. Turn off heat; cover and let stand until cooled to room temperature, 1½ to 2 hours. Refrigerate in airtight container for 8 hours. *(Make-ahead: Refrigerate for up to 4 days.)* Microwave on high for 2 minutes before serving.

Makes about 4 cups.

PER CUP: about 139 cal, 4 g pro, 3 g total fat (1 g sat. fat), 23 g carb (3 g dietary fibre, trace sugar), 3 mg chol, 158 mg sodium, 132 mg potassium. % RDI: 2% calcium, 9% iron, 1% vit A, 5% folate.

COZY APPLE PIE OATMEAL 🍏🥣

In bowl, mix 1 cup Overnight Steel-Cut Oatmeal with ¼ cup water; microwave on high for 2 minutes. Stir well. Meanwhile, in nonstick skillet, melt 1 tbsp butter over medium heat; cook 1 Gala apple, cored and chopped, stirring, until softened, 2 to 3 minutes. Stir in ¼ tsp cinnamon and pinch salt; cook for 1 minute. Spoon over oatmeal. Top with 2 tbsp chopped toasted walnuts; drizzle with 1 tbsp maple syrup.

Makes 1 serving.

PER SERVING: about 527 cal, 10 g pro, 25 g total fat (9 g sat. fat), 70 g carb (9 g dietary fibre, 27 g sugar), 31 mg chol, 90 mg sodium, 465 mg potassium. % RDI: 8% calcium, 25% iron, 11% vit A, 8% vit C, 20% folate.

THAI PEANUT BUTTER OATMEAL 🥜🥣

In bowl, mix 1 cup Overnight Steel-Cut Oatmeal with ¼ cup coconut milk; microwave on high for 2 minutes. Stir in 3 tbsp peanut butter. Sprinkle with 2 tbsp toasted coconut chips and 1 tbsp thinly sliced seeded red finger chili pepper.

Makes 1 serving.

PER SERVING: about 647 cal, 21 g pro, 43 g total fat (19 g sat. fat), 52 g carb (9 g dietary fibre, 10 g sugar), 0 mg chol, 233 mg sodium, 717 mg potassium. % RDI: 6% calcium, 36% iron, 9% vit A, 35% vit C, 33% folate.

TROPICAL MINT OATMEAL 🌿🥣

In bowl, mix 1 cup Overnight Steel-Cut Oatmeal with ¼ cup coconut milk; microwave on high for 2 minutes. Stir well. Stir half mango, peeled, pitted and chopped, with 2 tbsp chopped fresh mint; spoon over oatmeal. Sprinkle with 2 tbsp toasted macadamia nuts, roughly chopped.

Makes 1 serving.

PER SERVING: about 505 cal, 10 g pro, 29 g total fat (13 g sat. fat), 57 g carb (9 g dietary fibre, 18 g sugar), 0 mg chol, 16 mg sodium, 598 mg potassium. % RDI: 8% calcium, 43% iron, 13% vit A, 52% vit C, 29% folate.

BREAKFAST SPECIAL OATMEAL 🍳🥣

In bowl, mix 1 cup Overnight Steel-Cut Oatmeal with ¼ cup water; microwave on high for 2 minutes. Stir in 1 tbsp shredded Cheddar cheese. Top with 2 breakfast sausages, cooked and sliced; quarter vine-ripened tomato, chopped; and 1 tbsp each sliced green onion and shredded Cheddar cheese.

Makes 1 serving.

PER SERVING: about 440 cal, 20 g pro, 21 g total fat (8 g sat. fat), 43 g carb (5 g dietary fibre, 3 g sugar), 53 mg chol, 542 mg sodium, 426 mg potassium. % RDI: 13% calcium, 19% iron, 9% vit A, 8% vit C, 17% folate.

EGG BENEDICT OATMEAL 🍳🥣

In bowl, mix 1 cup Overnight Steel-Cut Oatmeal with ¼ cup water; microwave on high for 2 minutes. Stir well. Meanwhile, in large saucepan or deep skillet, bring 2 to 3 inches water and 1 tsp white vinegar to gentle simmer over medium heat. Crack 1 egg into small bowl; gently slide into water. Poach until white is set yet yolk is still runny, about 3 minutes. Serve over oatmeal with ½ cup chopped cooked ham; quarter avocado, peeled, pitted and sliced; and ¼ tsp hot pepper sauce.

Makes 1 serving.

PER SERVING: about 449 cal, 26 g pro, 21 g total fat (5 g sat. fat), 40 g carb (8 g dietary fibre, 2 g sugar), 224 mg chol, 843 mg sodium, 704 mg potassium. % RDI: 6% calcium, 27% iron, 11% vit A, 8% vit C, 45% folate.

GLUTEN-FREE, DAIRY-FREE BANANA PANCAKES



Hands-on time: 15 minutes

Total time: 15 minutes

Makes: about 8 pancakes

- 2 ripe bananas
- 2 tbsp liquid honey
- pinch baking powder
- 2 eggs, beaten
- 2 tbsp chopped shelled pistachios

In bowl, mash 1 of the bananas until smooth. Stir in 2 tsp of the honey, the baking powder and $\frac{1}{4}$ tsp salt. Stir in eggs until well combined.

Measure out 1 tbsp vegetable oil. Heat nonstick skillet or griddle over medium heat; lightly brush with some of the oil. Working in batches, drop batter by 2 tbsp into skillet; sprinkle $\frac{1}{2}$ tsp of the pistachios over each pancake. Cook until bottoms are golden, about 2 minutes. Turn pancakes; cook until bottoms are golden, about 1 minute. Transfer to plate. Repeat with remaining oil, batter and all but 2 tsp of the pistachios. *(Make-ahead: Wrap in plastic wrap and refrigerate for up to 3 days or overwrap in foil and freeze for up to 3 weeks; reheat in microwave or toaster.)*

Slice remaining banana; arrange over pancakes. Sprinkle with remaining pistachios; drizzle with remaining honey.

PER PANCAKE: about 87 cal, 2 g pro, 4 g total fat (1 g sat. fat), 12 g carb (1 g dietary fibre, 8 g sugar), 48 mg chol, 158 mg sodium, 132 mg potassium. % RD: 2% calcium, 9% iron, 1% vit A, 5% folate. ●

TIP FROM THE TEST KITCHEN

Flourless pancakes can be tricky to flip, but here's a trick: Use a thin spatula and lightly mist it with cooking spray before turning the pancakes.

These flourless pancakes taste a bit like the centre of a piece of French toast. Fry up a batch (or two!) on the weekend and keep the wrapped pancakes in your fridge or freezer for an easy microwaveable breakfast you'll actually want to eat.



Measuring honey can be sticky business. Watch our trick at canadianliving.com/sticky.



Peanut Butter your batter

Whisk 2 tbsp **KRAFT Smooth Peanut Butter** into the banana mixture and add dark chocolate chips instead of pistachios to create mouth-watering Peanut Butter and Banana Pancakes. Then, continue with the recipe as directed. Explore more delicious possibilities by adding KRAFT Peanut Butter to breakfast recipes and beyond. Learn more at sticktogether.ca



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🌿 = Gluten-Free 🥛 = Dairy-Free 🍄 = Nut-Free 🌱 = Vegetarian

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CULINARY CONFESSIONS

Angela Liddon

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BEHIND THE PLANT-BASED COOKING
BLOG OH SHE GLOWS



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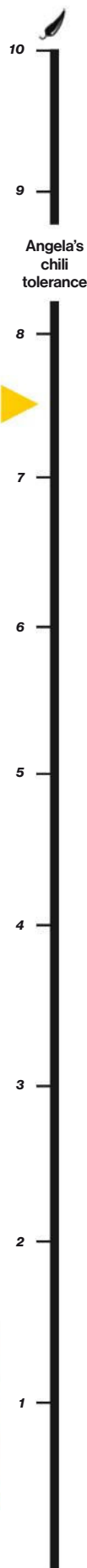
Salty or sweet?

Normally sweet, but this pregnancy has had me craving salt.

IF YOU WERE A FOOD, WHAT WOULD YOU BE (AND WHY)?
A grapefruit—sweet, healthy and a little sour.

What's simmering on your stove right now? My second cookbook, *Oh She Glows Every Day* (Penguin Canada, \$32), launches on Sept. 6!

HOW DO YOU TAKE YOUR COFFEE?



Angela's chili tolerance



French-pressed with sweetened almond milk.



Your most-loved postmidnight secret snack? A banana! It helps me sleep if I wake up hungry.



Are you a better cook than your mother or father? (Be honest.) If we're talking plant-based food, yes!



One thing you'd love to eat more of but can't because of guilt? Salted caramel and chocolate vegan ice cream.



Most-loved ingredient? Avocado because it's delicious, healthy and extremely versatile.



Three oddities we're likely to find in your fridge? Liquid smoke, chia seed jam and capers.



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